Words Aleisha & Ishamovan

# Words from Spirit

SIMPLE EXPLANATIONS FROM A

SPIRITUAL PERSPECTIVE

Aleisha

Ishamevan

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# Chapter One

# How We Met

By his own admission Ishamcvan was not a very nice person. His worst rais seems to have been flustration. This in turn sometimes caussed him to flay around in life showing signs of anger and reseminent. It would have appeared that he had little patience with other people, but I am not sure that was actually the case. He admitted to me that he was never at any time fully at peace with himself, but his periods of deep meditation definitely gave him some insight that his behaviour to others was not acceptable. As well, he often retracted into his own musings and sofitude and this is a contract of always associated with his other contracted into his own must be a second of the contract of the contracted of the succeptable. As well, he often retracted into his own musings and sofitude and this is a contract of always associated with his other contract flustration. If the work had had the opportunity of hearing the views of his family as even a succeptable with the contraction of the contract

Ishamevan was born in Persia although he lived most of his life in the hills of Turkey, tending his goats and scratching a living from the land. The youngest child in a large, loving family, he had many brothers and sisters who in turn eventually had their own extended families. He was surrounded by this vast family, all of whom seemed to

have loved him in their own special ways. As children his brothers and sisters adored their quiet little brother but as he grew they were all very much aware that he was definitely different to all of them. He had a special charisma that's for sure, but he was different.

When he was a mere I8 he married the only woman he had ever found attactive. She was the only partner he wanted and he loved her dearly. Unfortunately he didn't shew her this in the normal way of most people. Other people around him in his poor village, as well as his relatives, were all with outward and free spirits. But he kept his feelings to himself, never demonstrating too much love to anyone. Even so. I don't doubt from his descriptions of the time that his heart was full of adoration with the contraction of the co

however observed him as a somewhat strange man. I met labancure wey early one monting on an eventful day in 1999. He assures me though that we had spent many times together before then. I had no permoution of wavening law surperport for his atrong character and persistence and can honestly say that he certainly very much took me by surpers. There was no prior indication of his visit, which I later found to be very strange. But nechas it is always to the contains it was the contains the contains it was the contains the contains

her. She loved him and so did his children. Others

At that time I had an extremely busy life and a very happy marriage. I was running two companies which search and all my waking hours. Being obsessively overworked I had virtually no time for myself, accertainly none for something which appeared at first galance to be unbelevable. My husband and family we paramount importance to me. They were the only emotional freedom I wanted. I certainly didn't have time

emotional freedom I wanted. I certainly didn't have time for him nor did I feel the need to start a new relationship, especially one that was going to affect my deep emotions and bring possible disbeller from my family and friends. Although I realise now I could possibly have known him previously, at the time we met again Ishamevan was like a stranger to me. He came to me with a new identity that I didn't immediately recognise, so I was very wary and questioned everything about him. It is hard to describe, but were the control of the stranger of the control of the country of the control of the control of the country of the control of the country of the count

over time. I can truthfully say he has won my respect accumulating now in my complete admiration. I'm not saying i don't continually question him and we don't adways agree, but this time about a good erlationship in believe. Over the years there have often become good erlationship in believe. Over the years there have often become gord erlationship in waiting for me to say the time and date that is convenient for my schedule or my inclination. Now, many years after our first meeting, I think I can say our relationship is finally on a basis of trust and truth. I would like to say we fully understand each other but that is not completely true. He understands me but I still queetion who le is and what he represents to me, as weld as many other people too.

Over the years Ishamevan has told me much about his life, some pleasant, some very disturbing. One day, at great length he revealed:

"I lived in a mountain region and was, as you say, a poor farmer. I grev food on the land and had animals, mostly sheep and goats. I had very little money but everyone else I knew was the same. We had great hardships. When I was a young man I went with my brother to find a better life elsewhere but I got into a great deal of trouble and did lots of killings because many were trying to kill me too. So in the end I went back to my village to live, a very bitter and

angry man. The village where I lived was high in the mountains and was very cold in the winters. Life was hard. My home was a one-roomed hut and was cramped with my large family. I was married and I had five girls and one boy as my children by my wife. I loved my family dearly but they were upset at the way I behaved. They loved me too I know but they found it difficult to live with me. My wife grew to be very silent with me and in the end we spoke very little at all. I treated her badly, but I loved her. It doesn't make sense to me now. She was a very saintly person and she behaved to me in the way that I now know you should behave in the face of adversity. Remain calm at all times and do not take on the problems of others. She cared for the children and taught them well to her own instincts and beliefs and they became all very good and wise beings. They did not take after their father. So as I farmed I tended the animals in the fields, which were part of my family's land, and my wife made butter and cheese from the milk and grew vegetables herself. I battled much with my family. Not because they did me wrong but because they did not understand me"

The stories of his life were both fascinating and alarming as well. I tried to understand and to know him better but it was hard. It seemed that everything he told me made me more wary. Who was this man? Why was he the way he was? Then he told me the saddest revelation of all. It must have been very hard for him to speak of it especially as I mow realise he knew it to be very very worne.

Even though he regrets his actions he spoke of the occurrence with the voice of analysis. He has come to terms with what he did. He realises why he did it, yet knows totally where he went wrong with his actions. Impulse and frustration were lessons he did not totally learn as this action showed

He took me way back to 1890 to the hill farm in remote Turkey. He and one of his brothers had a passionate argument and as a result was hunted by his family and slain by his own father. From his description I believe he did in fact learn his life's lessons in one flash of visitation as he lay there dying.

When he called me on the day that we met, it took me a while to believe that I was not imagining his persistent and compelling voice. Mornings are never a good time for me and it was early. I was not quite awake. The house was empty, I was alone. His voice was a whisper in my car, but

definitely I could hear it repeating over and over again. I was suddenly shaken into the day by this insistent voice talking to me. "Go to your computer. I want to talk to

you."

I have long believed in the existence of spirit, higher beings, an overall power, but knew very little as to what any of it actually was. Why should I go my computer? "Speak now If you have something to say?" But the words were repeated over and pauled the sheets over my head. It didn't go noted over and pauled the sheets over my head. It didn't go noted over any day of the sheet of th

rapidly non-stop typed a whole page of information. Some of it read as follows:

"My name is ishamevan. I died in the year 1890 and I am now your spirit helper. Here is my purpose. I have been waiting so long and now the time has come. Please record everything I tell you and discuss this only with people who want to understand the elements of spirituality.

You are a channel, not a medium. A medium is ordained as such by spirit and is not correctly called so until we decide that the time is right. You will be a medium one day. First you must prove yourself and let us know that you understand and are ready. It takes a long time to be ready.

When we come here to the spiritual plane of existence, we are given the choice of what we want to do next. I chose to stay and teach and that is what I want to do with you. I want to teach you and you must learn.

You sak what I was on your earth and I must say that I was not a good perion. I was a ribed as you call them. I killed and I robbed, because that was what I thought was right. Everyone where I was did the same. But this is wrong by the laws of Karma and I must pay, Now! Know that I must pay by teaching others about the world of a spirit I live in. Please learn and listen. I have worked hard to become a teacher and it is not easy. There are not many who choose to become teachers because it is not a simple option. This is a very easy way for me to talk to you and I sak that you want to see that the property of the same of the property of the same of the property of the same of the property of th

#### And then there was no more.

I was so shocked. Was I still dreaming? What was this? Who was this? Wym et? Aways I saked repeatedly, Why Me? I made coffee, I wandered around. I sat and contemplated what had happened. I forced myself to believe it was a dream, yet I knew it wasn I. I left for work and although it was a tough and grutling day. I couldn't forget. I had to know more about him. Catch him out with something. Could be be for real? I know only superficial concenting, and the properties of the pro

which although going back to a God or an overall being, have many different and conflicting ideas of what is correct about the unknown. Yet here is a spirit entity talking to me saying that everything is simplicity itself. It didn't make sense.

Very late the same evenine I decided to ask him more. Not

at all believing it would happen again. I sat at my computer, closed my eyes and tried to summon him up. Nothing happened. My mind was racing with many things. I could not calm it. I certainly couldn't meditate which I presumed was probably the only way to let it happen. In the end I got tired of just sitting there so opened my eyes and looked at the screen. Into my head came works, so I

wrote them in shere disbelief.

"Yes Ishamevan is here. The conditions must be right for you to talk to me. Make no compromises and all will be well. No you do not need to be in a trance like state to talk to me. That is to complicated for me to communicate to you. But I do need your attention. Ask questions from your heart. I know what you want to know so do not think too hard. You do not need to prepare questions because I know of your thoughts, your queries and these things that you do

I asked to know more about himself in his last life on earth and that was when he told me more about the time he lived as a being in Turkey and Persia

not understand".

as a being in Turkey and Persia.
"Ishamevan is not at all proud of his doings in some things and his memory of life in your world is still strong and

powerful. I remember so well how I was in my last life and how I valued things of no consequence and let pass and ignored all around me that should be of my utmost importance and observation. I was not at all aware of many things that were beautiful and I certainly did not give the time of day to people who needed words of wisdom or comfort. I was an angry man. I did not see the reason for my anger. I did not know what it was. I only knew that it

was the way I chose to be. I was very spiritually evolved, yet I did not remember or choose to study the ways of spirituality. I chose to be myself with values and ideals that no one could shift from my mind. If only I had stopped and contemplated all that was around me and cleansed my mind of all thoughts of anger. I look at my homeland now and I wonder as to the hatred there which still exists in places. The horror of violence is large and powerful just as it was in my day. Man loves to fight man because he is impetuous and proud, if that is the right word. He will not listen to any other person with words of wisdom. He is right always in his eyes and he will incite

others to his beliefs without listening to his own heart as to whether it is telling him the correct path. Man is strong in all countries to himself, only because he strives to become a higher being within his own society. Everything is an outward front and man does not consider life to have a value Man does not consider man, as man does not consider animal. Spirituality is non-existent in many places amongst the men more than the women. It was a hard upbringing that I had. I evolved to hate many men

just as is happening today. I believed I was persecuted and

hated, when in fact I was not. It was my fantasy that is all "

For the next few weeks I discussed his only with some carefully chosen friends in faur that I would be ridiculed. The census of opinion was to left it go on and see if it either petered out or gave me any words of wisdom. A couple of people suggested that maybe eventually they could also sak this teacher guide for answers to their own many questions on the subject of spirituality. Everyone wanted to know something. Evertually It agreed that it could do no harm to be more enlightened. So I mellowed to the idea and that is how it has been from that day forward. I learn about the difference between a spiritual existence in the spiritual world and spirit in the form of a body in all feo cards. Sometimes he told me many things on his own and eventually with reference to other people's questions between

"The teachings of Ishamevan are just a herald to you all. My teachings have been testing your reactions; your compliance with my will, and the understanding and trust in the things I I I I you. It has taken some time for all of you to get together in your understanding and your trust in the teachings of Ishamevan and this is not surprising. We did anticipate that this would not happen quickly. You as the channel were the main problem in that it took you longer to accept me than maybe any of the others. You still are not 100% sare are you? What mant I do to have you totally without question? I know that answer! am just testing you so that you know the answer to. You want Ishamevan to do some wondrous thing for you to prove his authenticity. I cannot do this all the time you ask it. When you accept me totally and without question in any respect then I may be able to help you more in your daily life. So you see it is a two sided deal."

In the early days, my higuest question was to know where

In the early days, my biggest question was to know where he was now and what it was like with living on earth in his last life. He recalled making the journey back to the spiritual plane. In solverations of his past life, similar to watching the re-rum of a film, and the horror of what he had been Only when he returned to his spiritual plane. But he had been destined to learn through his recent life on our earth. He knew that frustration and how to deal with it had been the paramount leason. He explained to me that whils living on earth no leason. He explained to me that whils living on earth not be a second to the leason. He capitaled to the think the leason he capitaled to the think the leason to be a second to be a second to the leason. He capitale is a test to show the spirit in a body deals with these lessons is a test to show the well will note that and the problem and in turn this leads to their spiritual growth. Now back on a spiritual plane, it did not help him from

fustration and how to deal with it had been the paramount leason. He explaned to me that whilst living on earth no person's spirit is allowed to know its important life's leasons. How the spirit in a body dealt with these leasons is a text to show how they will understand and tackle the total the spirit of the spirit in a body dealt with the leasons is a text to show how they will understand and each! the Now book on a spiritual plane; it did not help him from feeling that his last life on earth was not the success it should have been. He knew also that he had failed to understand and deal with this lesson. He had wasted a life. Not learnt a single thing. But his family and friends had learnt much by observation of himself. They had become nor understanding and better spiritually because of their reactions to his behavior. "Many people", he told me "become more apprintally evolved because they have been part of another person's lesson". It is like dropping a pebble in a pond. The ripples go far and wide. As such

many people react or learn from others. "So you see I had great lessons to learn from my last life in your world, but I did not necessarily learn all of them. My wife learnt lots of lessons from me. She showed great compassion to me and I know that she loved me all through those times. She had great spirituality in everything she did. She should have taught me lessons but she did not because I didn't want to see them. I think nearing the end of my life I began to see that my life was not fulfilling and I treasured my family more and more and began to marvel at the complacency of them all to my anger and rages. My children grew to be fine people; I watched them from here and my grandchildren as they grew. Some of my children who evolved back to this world have still shown me great love as their father. Now you wonder if I was so bad, why was I given the job of teaching spirituality. You see, I have had many lives in your world and was nearing the end of my lessons on the plane of existence of spirituality that enables spirits to

return to your world to learn lessons. I have told you before of how spirits perfect their existences, now I must tell you more about my evolvement. When you leave your body you return home to a plane of existence, which I will refer to as the next plane of your existence from where you are now. But it is a plane of existence that you have known before, so I will just use that as a term for you to relate to now. Where am I now? I refer to the next plane of existence to where you will go to when you die. This next plane of existence is the level where all spirits or souls remain until they evolve to maturity and then go to another higher plane. Do you understand me? I am trying to explain in your terms. Well I had had may lives and was progressing well. But we have to take many lessons and the lessons I reached in my last life were many. The only thing that I did not succeed in perfecting was anger and resement and letting my spirituality overcome all hardships and pain. But there were many lessons and acts that I did that I learnt well. Anyway, I had nearly perfected so to speak. But now I have to pay or learn those two appects. In the first aspect, anger, I must return or pay by appects, and the first appect, and the properties of the pain and how to deal with them, the same. So I had the choice to return to earth in another life to learn the correct way to deal with these problems or to deal with them from a spiritual olane, which is much hadre! I chose to work for

way to east with mates oppositioned to to east with them from a spiritual plante, which is much harder. I chose to work for spirit from this level. I had dealt with these lessons before spirit from this level. I had dealt with these lessons to the them in my last life. But they were only part of the lessons of my past life. So you see I nearly passed all the tests. Nearly, but not quite. I was also instrumental in the lessons being taken by my family, but you will learn more later of how this happens. So it was put to me, that I could teach spirituality to persons in your world to learn all the rustrations that this brings. To do this I had to evolve temporarily to a higher plane from the next plane of existence to learn the complexities of teaching to your world. I chose to do this and I was a long time by your world. I chose to do this and I was a long time by your world. I chose to do this and I was a long time by your world. I chose to do this and I was a long time by your world. I chose to do this and I was a long time by your world. I am greatly honoured that I should have been choen to do this work. After my tutorship I then had for fustration of choosing a spirit entity on your world through whom! Loudel channel and this taught me the way to treat fustration with calimase and persevennee. The first channel I made was not a success. I choose badly and had to learn more lessons before Loudel try again. It was ordained that I should try and channel though you and your group of close friends, who had been brought together to work for spirit in many chosen ways. But I have had more problems of waiting until you would perfect to work for spirit in many chosen through your proportions. The case you wanted to believe in spiritual perception, not because you wanted to believe in

spiritual perception, not because you wanted to believe in mea and my teaching.

So you see, I am helping you and you are helping me. If I do not learn well and nearh well then I must return back to a life on an earthly plane to live a life and learn again the leasons of anger, hardship and pain. I want to teach you about anger and how to stay calm in all situations. Hardship, how to believe that spirit will give you just what is necessary and you should sak for no more. And painhow to understand that the more paintually you will evolve. Most of those lessons you have already experienced and those were necessary for your work with me and for your own evolvement. Do you see we must work as a tean? You understand that expression I know. Now you know me better. Now we must more forward with trust, love and understanding.

As I got more and more used to talking to Ishy (as my friends called him), I suggested that a couple of them sit

with me during a session so they could experience for themselvess the incredible speed and simplicity of how he answered the questions. At first they just observed, but gradually I asked questions that one or the clore of them had written down. The speed of my typing and the quickness and accuracy of this answers anazed them. Then one day someone asked him a question through me as to make the manner of the contract of the cont

man with spirit. Without hesitation he explained "I am sorry if I confused you all with my words. I will try and explain. When I had the choice to return to earth and act out my lessons or stay here and teach, my lessons in both situations were the same, yet completely different in their perspective. To learn frustration from a situation on earth is so much easier. In my situation, if you call it that, as spirit trying to teach and speak in human terms so you can all understand, this is much more contrite. As a spirit entity I teach. From a human aspect you hear my words. We have to bridge the divide. I have to achieve the success of a teacher in as much as I have to prove in spiritual terms that I have the concept of spirituality just right and that I can persuade you in human forms so that you believe what I am saving to you. Frustration, if we measure that, as you know it, would be my lesson. Yet frustration is not. because as spirit we do not have frustration, because as you say, it is an earthly vice. So I try and explain how I teach and why I teach and I presumed that you would understand better if I said I was dealing with the furtation of not being able to connect in the way I would prefer. But actually I should have said that in order to progress I have had the choice of trying to teach you all the laws of spirituality from this plane and not yours on earth. If my subject fails, I fall, I rom your perspective this would leave me frustrated, would it not. Yet I am not as such, I just an static because I will not move on a squickly

use asso to spirituality about his plane and not yours out carch. If my sudper falls, if fail. From your perspective this would leave me frustrated, would it not. Yet I am not as such, I just an statish because! will not move on a squickly as at would like, if this is not achieved."

I asked him sometimes more about himself. So that I could verify some truth I suppose. I doubted then and I doubt now. I can never know for certain from whence this comes. I believe, but I don't know. I have long since discovered polinic softinate and the province we used have to

have trust in many things which we instinctively know are

right. When we start to doubt our strong natural institutes, then the infrastructure of our spiritual awareness is in jeopardy, But back then I was hungry to learn more about this person, this spirit, this teacher. I want to know more about you." I persisted. Eventually one day he said to the strain and the strong the strain about you. It persisted. Eventually one day he said only spirits you but teach you a level also of how! died in my lest life on earth and I hope that the detail will not only spurise you but teach you a lesson also. I have tool you I was not an old man but in my early thirties only. I was bitter and angry. But inside! Lenew spirit and continually consulted with spirit, whilst at the same time I behaved in the most aposiling way to my family and my.

animals. I was frustrated and I knew that I was wrong by

tested and failed and because of this I learnt. Most of my life I was continually bemoaning my bad luck and my misfortune because I didn't have money or good looks. But I forgot to notice the beauty that I had around me in my circumstances and my family who all loved me dearly. When I was dving all became clear, as so often happens

when spirit is ready to depart a body. I knew what I had been, what my lessons had been and how I had failed. I had failed to love and that was the biggest thing of all. If I had loved and not questioned who I gave that love to, all would have fallen into place. I would have had a wonderful life even though I had no wealth or good looks. Love is the key to all things on your earth and with spirit. If you have love of fellow man then you have love of

animals and love of all growing things and an abhorrence of all violence, hatred, power and greed and all things that these traits encounter. So I died peacefully knowing that I had failed in my life but that I was going home and would be given the opportunity of learning all over again. The person who killed me because of how bad I was, my own father, also failed in that he did not love me, as he should have done. He was angry and bitter too. He killed me in frustration because of the way I was. Frustration is not an excuse for the lack of love. Love will conquer frustration. if you let it be your all-forceful power. Nothing can

destroy your love. Other people can abuse it, but they cannot destroy from whence it comes. My wife had pure. unselfish love for all things and there was nothing that I could do to destroy this power that she had within herself for her spirit. She was unblemished by my raging and abuse of her love. She was upset, but she did not revenge with humiliation or frustration and anger. These things could not become paramount in her because she had love. My children were taught by her this spiritual thing. She knew instinctively about spirit and the needs of spiritual evolvement. She taught this to the children from the day they were born by talking to their minds and their reasoning and in this way she evolved their spirituality whilst they were living on earth so that their lives would be so much more the richer. They accepted me with love; unquestioning love. I could not unscathed them either. She would have given me this advice from spirit also but I

would not listen. I always had an excuse or a reason for my behaviour. I never had time to listen; I was always too busy and too angry to see reason. So I did in fact learn many lessons when I was in my last existence on your earth so my life was not in vain. The Holy Spirit was not displeased and it was because of this that I was given the choice to return to earth to experience the lessons all over again or to learn to teach from the spiritual plane of existence, which is harder. It is harder because I have to be taught by spirit all the principles of the spiritual evolution and observe many cases of lives on your earth as lessons of observation only. This takes a great deal of time and power and I have, as you know, no ready answers for all your questions at the time that you ask them. Sometimes I also have to ask for help in answering them".

The more Ishamevan taught me about himself, the more I would try and remember how we could have been connected in previous lives. Apart from one life I saw whilst in regression. I am still none the wiser. He tells me, but until I myself can instinctively know, then as far as I am concerned it is not yet proven. But he tells me that my existences with him go back many centuries. We have shared many lives. Sometimes with close relationships, other lives when we only met briefly. From discussions with him. I now know some of the connections. He has many times trief to explain. The best of these is:

"I know that I have told you many times of our close connections before. Perhaps I should tell you more so that your question as to whether I care for you because of personal reasons or as a representative of my spirit world only is understood. For the time of our being together in many lives in your world in different eras and ages. I have been entwined with you much and more intensely each time. For you and I have a relationship that is progressing higher and higher with each experience. And these have been many. Where did we start and where will we end? We started our existences together, gradually and slowly and then with each life we learnt parallel so that we advance at the same rate. Some lives we have been together on earth, some as spirit and as beings and some singularly with the other observing. And this time my task is perhaps the most difficult because you have been made to accept me blind, so to speak. So to ask if my motive to teach you is personal I will explain it is this. I was given the choice to teach the word of spirit and to choose my channel. I decided to do this thing and you choose to be with me, as always, as by doing so we would advance together or fail together. Neither one of us could succeed, for the failure of one would be the failure of the other and the success would be so too. But for you on earth you must have no knowledge of the arrangement before it happened. We could have failed purely because I did not attract your attention or you did not wish to hear. But that did not happen. We are here you and I."

I found that this man, this spirit, had many sides, but always he is gentle and full of love. He is often so profound that it amazes me. It leaves me in a stunned silence for some time whilst I try to absorb everything, whether informative or poetic. At one time when many things in my life were very upsetting he tried to help by

saving "You are the beneficiary of all that you ask. I will work for you while you sleep away the tiredness and the pain of hurting. I am your eyes whilst you do not see. I am the absorption of all your pain so that you do not feel. I am the strength that I give to you to grow and grow whilst I am no longer talking to you. You have me with you every moment of every day. Talk and I will answer; look and you will see me in the breeze, in the flowers, in the child and in the animal. You can see me everywhere. You are the holder of the vision. I am not merely a dream. I am more than the vision and more than the dream. I am the reality of all that encompasses your own spirituality. You are the spirit, I am the dream. You are the power and I am the slave. You are the finest and I am finer still. We are the breeze and we are the rock of strength that is necessary to do this work. Fear no longer, for I will make you smile. If you rest, I will do these things."

At other times, to give me strength or merely to show affection he will sometimes suddenly say things like

"..... for you are my child of consciousness. You aremy light in a world of darkness. I see the beacon of light in a grey world of matter and the torch illuminates the passage from your world to mine. Within the sphere of the passage of the light there is you and there is me: we are at ends of the same spectrum that is our spirituality. I am here and you are there, for this time at least. But I learn from you and you from me for we are one. In our otnerse we are aware of the other and we respect the other. I respect you for your gionzates of my world a this time on your earlier than the properties of the other and we respect the other. I respect you least humorous job of trying to convey to you the intricacies of the world of spiring but in all things there is equilibrium. In this we are united, are we not? Hand in hand for the same cause ad infinitium."

Although I can't say any of this distressed me in any way, it was certainly compulsive and something that inspelled me to keep going back for more. Who was this spirit, this entity? This being who said he had known me through many existences in his world and mine. I couldn't see him. I could only hear him in my mind. Yet I felt I knew him. How could that be? In renly he said

How could that be? In reply he said
"You are my love and I want you to know that in all things
I am the guardian of your soul. I am the protector who is

invisible to you unless in your dreams. I am the person

who walks with you every step of your way through the turmoil of your life on earth. I am the person who holds you up and caresses you in your moments of sadness. I am your strength and your tears when you feel you can no longer endure the strain of every day. I dry your tears with the beauty, which surrounds you in nature and in the people you love. To see these things when you are low is my job too. I put to you a little spark of insight, that there is brightness beyond the grey clouds and if you rise above them, then there is nothing but sunlight and the brilliant sunshine which you love. For me to love you and accept all the things you have chosen to bear in your life on earth is the ultimate of spiritual adoration for you are blind and cannot see. But one day you will know that we are togetherness, me here and you there. I see you but you only feel me. We have to tune ourselves to a more togetherness. Is that not true? But you have some more problems to work through before we get to that stage. You have others to help, which will be time consuming for a

little while. But when you wake up to the bright new day, I will be there to lift you from the bed, stand you on your feet and point you to walk in the new direction of total spirituality and work with helping us, to which you are destined "

## Chapter Two

## Introduction from Ishamevan

"I will give you many words with regard to the teachings of spirituality and you must read them over and over again until you are quite clear as to my meanings. I will try and explain in simple terms. Not because you would not understand in another way, but merely because the whole aspect of spirituality is pure simplicity itself and does not need long words or incomprehensible data.

Spirit surrounds you in all you do. Spirit is the very essence of your life itself. You are a spirit that is using a body for a life on earth so that you can learn lessons. You are spirit with a body not body with a spirit. Spirit is infinite and so are you. Spirit is with you constantly whilst you selepe. Spirit is immortal and mortal too. We are the sawers to all your quest and is with you constantly whilst you selepe. Spirit is immortal and mortal too. We are the vary life in your body. Spirit is you and you are spirit. There is nothing else of importance. You body is not important. Your body is not important. You body is not important. You body is not important in early spirit you. We are one and our one is part of a greater one, which is part of the Post William of the Great While.

### Spirit, which is part of another spirit, ad-infinitum.

So you ask is the Great White Spirit you, and I will say to you that you are part of a kind of the Great White Spirit. You are part of the whole, part of the essence of the vein which runs through all things spiritual. You are part of the Great White Spirit. You are part of that concept which is the whole spirit. You could not be, if you were not a fragment of the Great White Spirit through all the concepts transcending to arrive at the spirit within you. There is no other concept. God; The White Spirit; Allah; Master; Father; they are all the same source of spirituality; the essence of the power inside you, which is your own spiritual being. You strive for perfection and this is your goal. Perfection of your spirit, that is. For you are spirit with a body for this life, not a body with a spirit. There is a big difference. Your spirit evolves from the spiritual plane and back to earth and back home again. The spiritual plane is your home. There on earth you stay only briefly to experience various lessons in the hope that you will totally understand what is put before you, good or bad. In doing so, that aspect of your spiritual learning is complete. When you arrive back home on the spiritual plane of existence you look at your past life and see clearly all aspects of your behavior. You are not told from higher spirits that you did right or wrong, because you instinctively know which is the case. You are not chastised, but your spiritual growth is affected by everything you achieve or do not achieve in progressing through your lessons on earth whilst in a body. If you learn, you progress in spirituality. If you do things which are inappropriate, then you remain static and have to take that test again. So from that you will see that there is no right or wrong, only observations. Your guides will help you to make the observations whilst in a life

From the spiritual plane of existence you choose your next life on earth and the higher spirits will choose with you the lessons you will experience on earth, say Frustration. Anger, Humiliation and so on. When you return to earth you will not remember any of your choices because the higher spirits choose the way you will experience these things. Sometimes in one life you will experience one aspect in many different ways, sometimes well hidden from you as to their true meaning. However you vourself do choose your parents through whom you re-enter the life on earth and your time and cause of death. For your parents, birth and death, these things cannot be changed. For everything else you have free will and your life will

You can be a poor man who is rich in spirit, which is the essence of all things, or a rich man who is to be pitied because he is low in his spiritual understandings. You can also get a rich man who is rich in spirit and so on. We are all on different rungs of the ladder if that is a good simile.

take whatever course you choose.

It doesn't matter how we look or what we have that is material. If we are spiritually rich we will be far superior in all things. To reach purification of our own spirituality is the essence of all things. To become perfected in spirit is our goal. From the spirit world we see this and strive with passion for its achievement. From lives on earth we are in ignorance and rely only on our own spiritual growth to guide us through our lessons and experiences.

The time span of a life on earth does not determine how much you have learnt. A brief life could be much richer spirtually than a person who lives to an old age and has learnt nothing. This may be because they chose to pass by situations or not help others as they walked the path of life. Suffering is an experience for many people. Like a pebble dropped into a pool of water, the ripples are widespread.

You may experience your lessons with another person's suffering or them persecuting you in some way. Your guide is your protector and your confidant. You must understand and respect your helpers. I will say to you that

for all the hard things in this life you are having, then the richter is you spirituality.

Firstly you must see yourself as spirit and not a body, Spirituality is the energy which fires your body to live. It is not your mind, your brain or your heart. It is something which is most your web good and has seen you through which is most your web good and have seen you through of crisistence which you call home. I will explain quietly the process so that you can know it again. Your spirit has evolved over a long, long time. But we have no time, so we need to talk more on that subject. If you can imagine you, as a spirit only and think that you have progressed on this plane of existence from an ant to a human through many processes of evolution. I am not savine you were any many processes of evolution. I am not savine you were an or this plane of existence from an ant to a human through many processes of evolution. I am not savine you were an

ant, probably not, but the process is of learning and moving higher in your spiritual path. With each externer you learn. The whole purpose is to move higher and higher. I use higher as an example only. You do not actually move in any direction, but you do mater. As you achieve graduation in each lesson, you gain points, so to speak, when you return home to this level of consciousness. You then evaluate your progress and

decide what you want to learn or experience next. So you

see, you map out your own lessons before you return to the world of matter Now having grasped that perception I would like you to imagine how it is with spirit watching and hearing you in your world. We do not sit on a cloud and observe you in the concept that you believe it to be. We do not see you from afar but in fact that is what we are doing. Time does not exist, so we perceive all things at all times by being part of those things and those actions. So if I say to you that I watch you and give help and distance myself and

observe, I am actually always part of you in those actions, whilst at the same time being myself as spirit. I am not taking over your body to be with you. I am spirit and part of a whole and your spirit is part of the whole even though it is fragmented to a body on your earth. So your spirit being part of the whole is together with my spirit being part of the whole and we see ourselves as oneness. But your perception of that oneness is not the same as my perception of the oneness because I am part of it from a different level of perception, the next level of consciousness. So I am conscious that I am part of you as well as being part of the one. But although you are, you are not conscious that this is the same for you.

So you see, you are alone on your journey through your life on earth, but at all times you are part of the whole concept of all things spiritual. You are not alone because you are a fragmentation of a one. You are alone, but you are not. It is said that you are, at birth, alone. You live alone and you die alone, but your teacher Ishamevan will say to you this is not the case entirely. You always have

spirit with you. There is never any other way. Spirit is always with you at any time. There is no person on your earth who does not have spirit with them all of the time. But first, let us look at the progression of spirit through the various levels of consciousness. Within each of these

levels, there are other segments or levels. There is no start

and no end. The progression is continuous. But the ultimate is for the spirit entity to mature. To move higher, if that is the right description. Because spirit itself is supreme and what you have now is mere dust under your feet, it is of no importance in the whole scheme of things. When I am saying to you that you are moving higher, or that I am observing from afar, I think you may misinterpret too literally my meaning. I am trying to describe to you in distances and concepts you will understand. In fact there is no here and there. No up or down. No ladder to climb. But more so spirit is part of you there and other entities can be with you as a curl of smoke

rises to the sky. Nothing but something, Imagine a cloud and the molecules of the cloud. Each is reliant on the other. Each is part of a whole. The same is the case with spirituality. The ladder I describe is a symbol of your advancement as a spirit. This way I can describe what happens when you mature slightly when you learn a lesson and this in tastel enables you to become curiched. Without many the same of the spirit is to go back and become as advanced as its source. The Great White Spirit being part of a higher spirit and so on. But beyond that highest of entities as we see if from this perspective are greater and them greater spirits or should I say clusters of the most supreme. In simplicity, your spirit is a fragment of the source cluster of spirits that we call God. God means Great Offinance Drive. All spirits want to be like our makes.

That is the supreme desire of all: the obsession which is faultless from this level of spirituality. All spirits have the ingrown desire to mature and progress nearer to their source, their God. From here it is easy to see. For you all on your world it is hidden from view. A large proportion of men misconstrue their life on earth not caring about all the things which they are destined to learn. Many turn and ignore all the things which are obvious lessons, like caring for your fellow man or little day-to-day things which show that you are sensitive to the needs and feelings of others. They party through life and then when they come back here they see that they have achieved no spiritual advancement, which is the essence of life itself. They lament and know that they must take the lessons again. Life on earth is not what any spirit prefers. All want to move on to other levels of a higher consciousness. From the world of spirit there are no rights and wrongs and no judges to condem you when you return. You are in control of your own destiny. You will see what you return have to learn and you will set your own goals. But unfortunately when you return to the world of matter on your earth, you do not remember this and all of you bemoan your suffering and ask why. If we allowed you to remember the purpose, you would know the answer.

When you were olumine the return to your world, you when you would have on lesson, for you would know the answer.

When you were planning the return to your world, you chose your main guide. In many cases the main guide has been with you before in other lives. The guide is always on this, my level of consciousness whilst you are living on earth. But the guide is with you from birth to death and every single minute of every day of your life. At other times, especially times of stress, other guides will also come in to help, so that you are well protected. It will be difficult for you to accept that your guide is with you, because you do not yet understand the concept. But I sav to you that you must do so. For every time that you are in pain or in humiliation or merely depressed, you must speak to the guide as you would do a close friend. You need not speak words, you may merely think the words, but to do so is important. Then you will see that you are

need not speak words, you may merely think the words, but to do so is important. Then you will see that you are never alone. Let us look then at the people on your world who saffer greatly and ask yourself why this is happening. You are all not terrible people and you do not want these things. Why is it that you suffer more than a rich healthy person who appears to have no worries in the world and has everything that they desire? The reason is merely this. For the suffering, you achieve the learning and its rewards. It doesn't matter whether you choose humiliation, frustration, ill health and pain on any other aspect, they all have to be experienced and learnt. Maybe you decided to

have to be experienced and learnt. Maybe you decided to have a large concentrated lot of misforture in this insiferture is that is that you could move on more quickly. Why do you not hink that say a child with a deformity is born and ingreat pain and dies a year or so late? What is the purpose you ask yourself? Why should that thy child suffer you ask yourself? Why should that thy child suffer has to be a reason. There is a reason, there has to be a reason. The spirit had chosen to be a child to experient the most terrible of lessons, hard, intense and quick so that it could return home the richer and with more made in could return home the richer and with more made in could return home the richer and with more made in could return home the richer and with more made in the could return home the richer and with more made in the could return home the richer and with more made in the could return home the richer and with more made in the could return home the richer and with more made in the could return home the richer and with more made in the could return home the richer and with more made in the could return home the richer and with more made in the could return home the richer and with more made in the could return home the richer and with more made in the could return home.

spirituality so that it could move on. As well as the lessons it helped others experience too. But we will talk about that

later

If you worry about today and its problems I will say to you, do not waste your time for it is nothing.

So we will now look at life's problems and I will try and explain to you the reason. I will not interpret them, for that is not my purpose. It is yours. Throughout your life, although you have chosen to experience various lessons, the path can be straight and clear or inhabited by many obstacles and perpetrators trying to push you off, so that you go in another direction. I am not asying to you that you go in another direction. I am not asying to you that you life is pre-ordained, it is not. The only things that are proordained are your lessons and your death. To ou cannot

preempt your death, it is not allowed. You must live through your lessons and try to achieve the fulfillment of the message they bring. Take a look at your life. Look at the scenario. You must still experience the lessons again and again until you get them conquered-if you want to progress that is.

Firstly your must remember that with most things that happen to you there is cause and effect. You must look at the cause and not at the effect, which is the hurting to you. Let us say, for example that a particular person has caused you to have a lot of suffering. You must somehow stand back and instead of crying or getting angry, you must have self-control and observe. This is difficult but with experience you will see things much better if you can do this very spiritual thing. You must try and feel the spirituality of the person. You must be, instead of trying to be. Then look at why the person is acting in the way that they are. Is it to undermine you? Are they jealous? Do they feel threatened? There are many reasons. When you understand the reason, and there always is one, then your effect is minimal. Do not allow the problems or the anger of any other person affect you. It is their problem, not

With regard to your health, there are many aspects that you should consider. Firstly there are things you chose to have which would make you suffer in dying. There are illnesses that are under your control if you wish them to be and there are others which are merely from the stress of the situation you find yourself. In those cases, you can refuse

yours. Stand back and do not accept it.

### them. I will tell you how later.

It is a fact that there are many, many people who are in a state of turmoil. It is not withstanding that they should not be aware of the fact that there is a sense of spirituality around all people. The fact that they cannot see this thing is sad. They need to be educated, or should I say be made aware that spirit is pure energy to revitalize their lives and propel them into a state of goodness and advancement. If I say to you that if you believe it will happen, it will happen, you will argue with me and say that that is not the case with yourself. But I still say it all the same. If you falter, then the purpose of your desires will falter too. If you actual believe against all odds, then it will happen. That wish is not visible but is there all the same. Am I not? Or should I say to you that your desires, which are not visible to their fruition, are not necessarily void because of the fact that you cannot see them. You are not spirit. I can see all things that will happen. To a point that is. You have freedom of will, but I can see your will and clearly map the direction you will take. Not so others who run around in circles not knowing what they want from life except possessions, and wealth. I am talking about desires for your spiritual path. In that you must give and the rewards you will receive as a result of your giving. If you teach spirituality, then you will become more spiritual. If you ignore me and my words, then you will feel alien to spirit and not connect to the all-important thread of connection to the spirit world. I will say to you that most of you diverse too much. That is allowed as part of the whole, but not spiritual learning as part of the diversity you desire. Do I make myself clear? Be as one with me and we will have much more power together than you could ever do alone. Do not be afraid of the consequences of what you will do. for before too long you will have risen above your fears and everything will fall into place. If you believe, then so be it. For me I watch and wait and patience is no longer a virtue I must overcome. For you, you learn. But patience in your world is not as easy to tolerate as from here. But you are learning. Unfortunately some of you learn by not admitting to your fears any more. You ignore that which you do not want or that which will hurt you. For all the past there are scars and this is unfortunate. I wonder if you will soon realise that the wounds are well healed and will not open up again. For all things that have gone before, they are past. For all things now, you learn. For all things in the future, then you must attack or deal with them drawing on your past experience, for only then will they have the outcomes that you desire. Firstly have your dream and then make it a reality by positive thinking. If you do so in this way, then I assure you it will happen. For me to watch is perhaps the hardest of all lessons. You are my baby that is learning slowly but surely. I watch you totter and fall and I am powerless to pick you up unless you ask me to help you. For if I talk to you in the soothing voice of an anxious parent, then you do not take any notice. If I show you by example, then you sit up and take notice. I

have to scare you into reality sometimes. It is unfortunate In conclusion I will say to you that for all the hard things in this life you are having, then the richer is your

but necessary all the same.

spirituality.

Go in peace and ask me questions. Lots of questions."

## Chapter Three

## Aleisha

Ishamevan has taught me that spirituality is nothing more than plain and simple. "Go back to basics" he says. "Don't make it complicated. Everything is so easy to understand that a child of seven years could totally comprehend everything I say to you".

From this simplicity, I will pass these words onto my readers and pupils and teach you also. Forget everyfining you have ever heard and listen to the basies. You don't have to be a particular type of persons the same things apply to everyone. You came into the world as a pure spirit entity that borrows a body in order to work through a life on earth. You came here the same as the next baby; you leave this world the same way. Whether you are a high flying businessman, a poor man on the streets, a cult love or a typical registing that the arm rules apply. The over our spirit registing eight the arm rules apply. The document of the street of the spiritual growthin order to make you at one with your God wheever you seek to be.

Over the years I have had a great many people ask questions to Ishamevan in private and public sessions. This book is dedicated to some of those questions from which I hope you will learn to understand the basic answers of spirituality.

Whilst reading this book please remember that all answers are printed exactly as they were received. The grammar is not always good and often he means you to read the assessment of the second of the

In the early days his tone, intensity and method of conveying his point of view was noticeably different than it is today. The questions and answers written here are not in the order that they were asked and received, so the evolution of his style is not apparent.

Although you will see that Ishamevan will cephain things in terms such as he or she you should understand that in the spirit world there is no gender. Also when he refers to you progressing higher and higher as in climbing a ladder, rung by rung, this is also just a simile. There is no up or down or ladder, this is merely to make us understand a point. The same thing applies to many things he says about he spiritual palen. It is difficult to imagine a world that does not have people or bodies, so any references to spirit in a bodily form in the spirit world is just done so we will

relate to the point he is trying to get across.

I challenge you to become stronger in your spiritual understanding by asking questions which I will pass onto Ishamevan for his answers. Post a question about

spirituality to our website which you will find at the end of this book.

As with all things, knowledge is a powerful thing. It makes

you stronger either in your understanding or it will give you the inquisitiveness to want to know more.

I will prove to you that this can happen and you in turn will become so spiritually enriched that you will never

I will prove to you that this can happen and you in turn will become so spiritually enriched that you will never wonder again.

## Chapter Four

#### What is Spirituality

"Pure love is the essence of all things spiritual"

How do you fully define understanding spirituality? There is such a vastness of understanding that you have only just touched upon so how can I describe to you the essence of how to define spirit. To see beyond the universe a million times at million, you would not see even a small proportion of that which you could begin to understand. If you asked a prehistorie man to define the splitting of the atom or radio waves to send messages, it would not even commare in his understanding or your seither.

#### Please explain the basic principals of spirituality?

For every person that is walking the path of laws of spirituality, there are three times as many that do not. The confusion occurs when you encounter the many deeds and thoughts of others who are not of the same mind as myself. I will say to you that not all persons working or thinking that they are working within the heading of spirituality are in fact spreading the world of ourselves. So! I will say that first you must remember that you are spirit first and body second. The spirit is on a continual path of learning through many lives and through ad infinitum number of spiritual planes. The spirit is the essence in all things. The spirituality of a person is that which you must connect with. Not any other part of their body or their mind or their apparent person must you take to be of utmost essence.

You must look only to connecting with their spirituality. Now having decided that you are spirit first and body second, you must realize that the whole purpose of life on your earth is to learn lessons and pass, what I can only describe simply as tests. By doing this you are enriched. You must take the tests in order to pass them and move on. There can be no cheating. When you have passed the tests of the laws of karma, then you may move on to another sphere of consciousness. You are a graduate of the school and you pass to another school to learn another set of more advanced lessons. Now for all the things in your world that are unpleasant these are tests to your own karma-your own record of advancement that have to be enriched or the gaps filled in with secondary lessons. These tests are not usually pleasant, but if you comprehend their purpose you will

perhaps understand that their pain has to be born in order for you to be the wiser and the more knowledgeable. You must always observe others in a spiritual way. You assess their spirit not their minds or their body. When you have learnt to do this, then you will not have any faults and any wrong decisions about people. You will know instinctively how to read them. In the past you have read people wrongly because you did as you wanted to do, not as your inner sensitivity told you was correct. You may not have known that your inner spirit was talking to you because you rushed in with your assessment and did not pause and quietly ask yourself to view the analyses.

We would like a definition of a spirit please?

Nothing. There is no substance. Spirit is not there, yet it is. It is without volume yet it is the largest and strongest force around vou. How do you see me, like nothing is there? How do you feel me? With instinct. As with the touch of a feather on your face. Is it there? Is it not? Spirit is elusive. It is the master of deception. Just when you think you know it, there is another surprise in store. Just like a lover. You unfold with love, laver upon laver of mystique and intrigue, always showing wonder and yet another surprise in store. That is spirit. That is the ultimate of essences. Greater than man and less than the higher spirit above it. A nothing that is in a series of encounters that makes it wiser and stronger. An evolution that will never be studied because the progress of this essence is beyond science and understanding. You think you know spirit. You wait to see spirit again face to face, or should I say, breeze to breeze. I say again, I am the air that you breathe, the wind on your back and the essence of all your understandings. In me you are yourself, nothing more. I am the spirit of you and you are the spirit in me. We are one, with each other and with all other spirits. There are no more singular beings, for we are one with ourselves. Not beings, not things, not even a grain of sand in a mountain of sand. Nothing more than nothing.

What is our own spirit within us?

I will tell you in this lesson about the power of the spirit within you and how you can use this in your every day life. The power does not mean to use power over other people, merely that the force of spirituality is so strong that it is called a power. This power can manifest itself in wisdom or kindness and these factors could be very gentle in the way they are given to other sad or distressed people.

By spirituality I mean the direct message and spirit which comes from the spiritual plane and the Holy Spirit through your own spirituality. So let us forget your body and your mind and just deal with spirituality. This is the way that

rand and just deal with pointuality. This is the way that your own out of spirit is fearning and being taught by the lessons and wisdom of the spirits on this plane of existence. You are the pupil and we are the teachers. Once you and we decide that you will be returning to your world, then you become a pupil. You have lost your spiritual freedom so to speak. So having decided to return to your world you become a free pair food as much as is allowed. It is not true that your spirituality can do all things. Your body and your mind can do all things from the spirituality can do only what it has matured to be able to do and its advancement can only be by what it has learnt and successfully accomplished as being right in the yeas of the Hody Spirit and the laws of Larma. Now the spirituality within you telling you to do things, and the inmid of your body clining you to do things, which is a completely different hing. Let us take for an example you as a person who comes across mother. for an example you as a person who comes across another person who needs help, let us say because they are upset.

Your body could tend them and your words could say the right things that you have by experience in your world known to be effective to them for compassion. But the help would be only superficial. It has no depth. No spirituality. Now let us take the same situation where you as a spiritual person let your spirit connect with their spirit. You need not say a word and already that person has comfort. That is the difference between the mind and the spirit connectine.

## Am I. as a spirit, connected to other spirits?

To become a one you must be a whole part of that segment which is in itself the one. To say that you are an isolated part on your own is not true. You are all part of each other as you are with the universe. To call it a fragment of a diamond is a very good description. By saying this, it is described as having an infinite number of facets and segments within that diamond. A diamond under a microscope will appear to be a cluster of tiny diamond shapes which are, if each diamond is looked at closely again, made up of other tiny diamond shapes and so on. So to say that each spirit entity is part of a diamond is the same. Do you see that to be your spirit you must absorb the other spirits that you are part of? It is the same with vibrations in your world. If you are in an environment where you pick up bad vibrations, say in a city where there is violence all around you. You as a spirit entity will not be as comfortable as if it is picking up good vibrations from nature, the elements and the presence of the moon and the sun. Of course there are trees and flowers and the elements in the place in areas where there are also bad vibrations, but it is the bad things which vibrate higher than the good at this time. Not always, but in the case of lost of violence and harder, yet is time. Also people give off vibrations too. Look at your group for example. You are all in harmony with each other to such a high degree that spirit enters all of you easily and you are giving each other good vibrations to a very large extent. Spirit can work well when the vibrations are good, as can man. If you look at a man who is in a stressful environment, then he will be spiritually distressed even though the does not know he is. He knows no different until one day he

experiences something better. He has to change to notice the difference. But because of your life patterns on earth it is not always possible for man to choose where he is in the is not aways possive for man to croose where it is in the best environment spiritually. This is hard. But he can choose those people to be his closest acquaintances who are spiritually better than others who are not so aware. I know that you talk frequently of vibrations from old buildings. You say that you like old buildings and think that they affect you. Yes they do. But not quite for the reasons that you think. An old building let us say three or four hundred years old, has had many people associated with it over the years, many spirit entities. It is the bulk of the numbers of these people or in fact their spirits that have the effect of vibrations on the building. Vibrations are only the expression classed as spiritual absorption of the object by spiritual matter. So any one thing can have vibrations. A ring or piece of jewellery that you own has vibrations from you and from whoever owned it before you. If a physic held that ring then he would be able to

pick up your vibrations, your spirituality that your spirit has put on the ring which the ring has aborded. But what of trees and plants and other living things which give off vibrations tool. Have told you that all living things and I say things not necessarily beings. have spirituality in various stages. If you or it has spirituality then it gives off vibrations. These vibrations can be used or tapped into by yourself for your good It is the same as members of your group pick up or absorb vibrations from other people in the group and this not only makes the feel a harmony to the proper spiritual to the proper spiritual to the degree or rather make it more in harmony with its

Plants and trees can do the same. When you are given some flowers in a bunch as a gift and you bury your feven some flowers in a bunch as a gift and you bury you given some flowers in a bunch as a gift and you bury you for secret and aroun and take a deep breath as you always do, does this in them and take a deep breath as you always do, does this flower that the secret and aroun and given you a lift spiritually? Yes of You did not see then or see their mighty trunks strongly rainsing to the sun. Their strength is the ultimate for you at a this time as I have said before many times, always in you. It is takes some effort on your part to answer the lessons of for your beath and sustenance of your Ifi on earth. I will list hancevan which may be always the you have you you you who you have you you you who you have you you you who will himself that are correct and even if they was you you walways thus gist that are correct and even if they do not be fulled to the doctor more all the second more than they want to the proper that and sustenance of your Ifi on earth. I will have all concern the given always whip you want you you you want you you you when you you you want you have you have you want you want you want you have a concern the your want you want you

What are the two most important things about spirituality?

The first is love and the second is your life, which is your classroom of learning. I have not reversed these because that is not the way. Love is the superiority of all things. All things, and he held and objectively put in perspective by dealing with them with love. Love is the power between you and myself and the floby Spirit. There are no exceptions. Love is trast and love is giving yourself foodly to another, whether it be to another person in love or to the HoV Spirit in love.

There is the trust. If you cannot give yourself totally in trust and love to another, then you are not in love or giving love. There are no exceptions. Love covers all spectrums of understanding. Love is power and love is humility. Love is not the power over another person. That is not what I mean. Love has the power to be the strongest of all forces. Love to another person whether just by compassion or wanting to help them has the almighty force over hatred and evil. There is no thing greater. To accept love is the first act of trust. You cannot have love without trust. If you hear a person say that they love another, yet they have no respect for them, their spirituality or their person, then there is not love. Love is given freely and without question. Love is not to be used as a tool to obtain anything. That is not love. Love will conquer all things. Love will last many lifetimes and many existences and to have true love with another spiritual entity through many generations and incarnations is the greatest gift of all from the Holy Spirit. So you see. If love is life come live with

me. For you are love and life to me.

You say that we are spirit not body, yet our mind is our spirit. Is our brain not part of our body?

The brain which governs your intelligence is not your spirit as too many people on your world think is correct.

The brain is part of the body. It does not live on. You can be blessed by a good brain and intelligence or you can be very simple of mind. These things do not affect the spirituality inside you for the time that you have the body. So let us get that point right before I tell you more. Mind is not brain but it is not wholly spirit either. Mind is governed by brain. Mind is more something that is connected to your brain, because you can be simple of mind and brain whilst still being strong in spirit. Your spirit or in another words, your soul that is with you, as you live your life in your body, is always with you but it is not inside your body. It is with your body. It is not a not inside your booy. It is will your body. It is not a bodily part that can get sick or can be governed by your brain. It is your spirit, which is in control of your body as I have told you before, and you can control your body as when you are sick and want to be healed, if this is the case. The spirit is so powerful. The body is not. The body is weak. It is open to temptation, envy and desire and this is governed by the mind of the body, not the spirit. The spirit has control of its destiny and its lessons so it is capable of sending messages, so to speak, to alter the decisions of lust or wanting or greed or anything else that the mind of the of wanning or green of anything essential the inmited time body desires. That is why some people can go through many years of their life doing and acting in a wrong way before the spirit reasoning gets through and they see spirituality as the only path of righteousness. I do not think that maybe you understand this too well. Let me say one more thing in this respect. When a bady is bom its body is non its outst of its mind. Spirit is pure and unadulterated. As the child grows the powers of the worldy life and its surroundings take over and influence the child and then the spiritual awareness declines and the material world takes over. The child is not able to live simply with spirit. Then the child grows older and becomes an adult and then it has to learn spiritually all of the child grows older and becomes an adult and then that to learn spiritually all of the child grows of the child grows older and becomes and outland then the child grows older and becomes the position of the child grows of the child gr

Please explain home as in returning home. Home is a specific place, is it not?

Home is a place where you rest and receive recuperation. It is a sanctuary where you are safe and at pace. It is not a building but it is a place. Home in the world of spirit is a place or zone or level of consciousness where you return to and it is your base to go travelling from to learn and experience that which is necessary. In time you change your home and move to another level of consciousness when you have outgrown your homes and meet on which will better sail your new growth of experience. You change a the different school or college of learning.

How does the spirit of a child about to be born, choose

#### its parents?

The choice can be made many years before it is actually born and this must be in order to get the right sequence for its advancement with spirit. It must come back through certain parents and advance through a path that is chosen by the spirit with the Holy Spirit. I cannot say that there is great suffering in your world so that spirits can come back to more difficult and perplexing lives in order to advance quicker, but this must happen all the same. You cannot have a perfect world. You will never have a perfect world, because the brain and mind of a body will not let this happen. Until man loves his fellow man fully and does not wish any harm to come to any other person either mentally or physically by himself, the world will never be perfect. It will never happen. It is sad but it is true. There will always be greed and envy, which are the two main causes of hatred. Man has to be better than his neighbour. This has nothing to do with modern day living on earth; it has always happened since man inhabited your world. Everyone wants self-gratification, well most of them anyway. Next to greed there is non-love of fellow men. People do not try and understand how and why another person is as he is. Most cases can be cured by love and affection. A child only wants affection. A tiny child wants to please. A tiny child with high spirituality that is. As it gets older and looses spiritual awareness it looses its will to please. It gets acclimatized to the worldly way of living and sees nothing wrong with wanting to achieve more and more and does not grieve loosing the spirit within.

Can you describe the differences between our life on

# earth and that in the world of spirit?

Butterflies are the most wonderful of creatures and they are worthy of study. There is a great similarity of them and spirit. From an ugly chrysalis, who is perfectly happy with his existence, there emerges a beautiful butterfly which flies gracefully and floats on the merest breeze. In your world you live as caterpillars, born from chrysalises, and are reborn as spirit in the next plane of existence. The caterpillar does not even see the butterflies in the sky because it doesn't choose to look. The caterpillar thinks its world is all there is. If he took the time to look around him he would see many splendid things. He would see that the caterpillar does not die but rises up to become a being more beautiful and capable than he ever was. His life is a prelude as a caterpillar and his transition to a butterfly the ultimate for which his previous existence served a purpose.

## What is pure spirit?

I refer often to pure spirit and often to an advanced or old spirit. You have to be advanced within the realms of karma to become a pure spirit. On each level of consciousness, including the one I am on now and the next level of consciousness where I hope I will go onto next, these levels all have levels of progression within them. Theadvancement is towards the spirits maturity and ability to pass over to the next level. In the level you and I are in now, that is being at this level and going backwards and forward to lives to learn, starts with you being a new spirit. (that is one who is not knowledgeable by lessons and passing of tests) to a mature or pure spirit which is by the highest degree ready to pass on to the next level of consciousness or plane of existence. So you ask, are all bables pure spirits because they are not yet tained by the worldly ways of your fellow man, I would say to you that not all bables are pure spirit. They are as they are within their own spiritual advancement. If this spirit of the bably is a spirit of a spirit of the bably is a spirit of a spirit of the bably is a proper spirit of a spirit of the sp

Where is the beginning and the end of our spiritual journey?

There is no beginning for it is way beyond your own powers of understanding. If you look at life, as you know it now, as being only a small fragment of what it actually is, then you will begin to have only it semillates from of understanding. The beginning was way beyond my own understanding. The beginning was way beyond my own understanding. The leaves the control of the own of the beginning and I have no vision of where in the vastures of beginning was never the end is never. Somewhere in the middle are yousrelse and you strive to go higher and higher and higher in the hope of advancement. That is, the only hope of your leaves the condition of the possible of the control of the control of the possible of possible possible of possible possible of possible pos

#### How would you inspire us to learn?

You have the key to all things in your hand and it is not only the aspect of putting the key in the lock that is important, as for you to have the will to lift the key and turn the lock.

#### How can we just be, instead of trying to be?

The choice of the universe is yours. As is the choice with all things. For to be, rather than to think, is perhaps the most difficult of all things to achieve. But it must be done all the same. For to be, is the essence of spirituality. To try to be, is not the case. To try is to be human, to be is to be spiritual. There is no other difference. So I will say to you all that if you try to achieve something it will be harder than just being and letting things take their course. To think and to try is in fact doing the very thing, which will make you loose your goal. For to try, is to somehow loose your spiritual flow. If you ask why it is so hard to be spiritually gifted, I will say that the hardness is the trying. Without the ambition you have the spirit in abundance. Blessed are the weak. The more simple the person in their thinking the more spiritual, or should I say the more easily, they are spiritual.

Are these all your views or those of something more powerful?

In all things look to the work of the Holy Spirit alone. This is the manifestation of powers of transference through myself to yourself. I cannot do this alone. All I am empowered to do is to teach you the way and the understanding. I am an intermediary so to speak. But in all

things we must be together as one-you and I and us and the Holy Spirit and so on. There is the plan that is simple and unflawed. For every question there is an answer. You cannot see the answer, nor the way. I can see the answer only dependent on your reactions. If you do not trust not understand, then we cannot progress.

Why do you say we should live spiritually only for today?

The past is gone and now to the future of hope and understanding. There is no time like the present. For today is the best day of all days, is it not? Because it is now and for no other reason. You have the opportunities of the future and the memories only, not the anguish of the past. If the memories are good they will travel with you into time. If they are paniful then you have the opportunity today to discard them and move forward. All things at all times are in your hands. Do not shut off today and pretend it is not here. Because today is the most important turn for its not here. Because today is the most important turn for all the past today. Tomorrow is a your format in the past today of learning and understanding.

Do we have any control over our fate?

You have control over your lives. Your fate is your making. Before you return to earth you choose the following things. Your parents, your birth, your death and your lessons. These cannot be changed. Everything else can. For your lessons you can react in many ways to any situation. Only one is right for you. It may not be the same as the next person, because their lesson may be different

although it appears the same. So if you learn the lessons, then you return home and progress. If you do not then you must return and take them again, perhaps in another way. So your destiny is not planned. That is wrong. The outcome can go any way. Your life of your body is planned and cannot be changed. But illnesses can be curred if they are not there for a lesson or for death. Many are self-inflicted and can be changed. Others are not in the previous category so can be changed by will power or

healing. The others cannotbe affected by healing. Healing only helps you to tolerate them. There is a fine line. Before we return to another life on earth, is there a limit to what we can request to learn in that lifetime? Yes there is a limit and that is why you must come back

Yes there is a limit and that is why you must come back many times to learn many lessons which are essential before you may proceed to the next level. When you are in the world of spint and you want to treat to early to learn, experience and have advancement as a result of your own spirituality, you are face dwith the planning of your route and the items that you must experience during the journey. For you to sit down and make a list with the help of the Holy Spint would be an easy way to explain to you what hughers.

It was not to be a proper to the planning of your route that you have this thing on your list. Also the Holy Spirit and the higher spirits will adve you to realize that you have a downful in a certain area. This you must address and be aware of You must be aware that you must be

chose the hardest of aspects. If you wish to have a smooth crossing of the ocean of life you will choose those which are less significant in their lessons of advancement. And if you opt out altogether you stay here and remain static.

What is the purpose of having more knowledge of the world of spirit? Will all not be evident when we return home? Why should we be enlightened now? You are on a path of learning are you not? So during the course of seeing things and learning from them, you have to understand the cause of the effect. For all terrible things that happen in your world, is it better not to understand theunderline meaning from the world of spirit rather than just get upset at the cause they have on you and others around you. It is better for your spirit to continue on a path through this life you have and understand spirituality from

your plane of existence, than it is to walk in ignorance and Some spiritualists talk about the source. Please explain this concept and tell us if we can draw positive energy from this source?

not understand your path.

You all come from a whole, which you may call many things, including of course the obvious which is the source. You came from a source. Yes that is true. You are positive energy from the source. Although this is a description, the true source is the highest of consciousness, the ultimate God. This ultimate source then created likenesses of itself and sent them out to perfect themselves and return to it, the true source, as perfect as that of the true source. Because of this, all spirits have the unbiased

## urged to be perfect and return to the true source.

Spirit is positive not negative in any form. You as spirit are pure and positive as I have told you many times, as being part of the whole whilst in your world as well as being here, you can be nothing clase but positive energy. But whilst in your world you have to fight in your lesson fregativity and it is in passing these lessons, however hard, that you learn to push away the negativity which diminishes your spirit into something other than then you world you have from the source. You have the power and you choose to hum off the switch and then you world why the light has gone out and you are fumbling around in the deathers.

How long will we be in spirit before we evolve higher? There is no time. It is of no consequence. Some spirits take longer than others. Some progress not at all. Some are eager to progress.

Some people here make the world of spirituality sound are very complex and difficult to understand. Why is it that your words are so simple in comparison? Many people in comparison? Many people in your world have ideas that are not make necessarily true. But you must remember that they are necessarily true. But you must remember that they are necessarily true. But you must remember that they are necessarily true. But you must remember that they are necessarily true. But you though the Gog of uncertainty and are not in fact there. Everything with spirit and its evolvement is pure simplicity and has the variation of intrigue and not not necessarily necessarily and has the variation of intrigue and not necessarily and has the variation of intrigue and and be as it wishes. There is no time frame for many do and be as it wishes. There is no time frame for form of the form of

time. So if time does not exist then there are no barriers of time such as you cannot incarnate except within forty years. Do you understand?

What is the purpose of evolving higher and higher? If the next plane of existence is so good, why don't we just stay there? It is not a question of being better and better or wanting more things not attainable here. It is merely a question of wanting to learn. Nothing more. The urge to learn and purify, if you like. You are hungry for knowledge and

have a deep passion to be where the scholars are. Amongst the learned spirits somewhere else. You would never be happy to stay static. You have to move on. If there is no time, then is it correct to say that we have

no future and no past?

We have only now which is the utmost of importance in all things. If you look that your life is not being influenced today or by what has happened to you in your past life.whether on this earth plane in your current bodily extense. The state of the past life.whether on this earth plane in your current bodily extense. Or is not worried or conscisua about the future affecting your life in any way, you will see that now is the only important factor in your spiritual development with regard to your life on earth. If does not matter how you reacted to lessons or profelmen last week with relation to the day, today, as how you react to things now. You cannot clube tham he past years for high grown actions today control the past years for high past years for marking your control to the past years for the past years for marking you are those today.

The past you have you want you have you be consistent of the past years for years for the past years for

way that you tackle your problems or tests in your life today. They are past and gone, whatever they were. Today is the most important thing. This hour is the most important thing. There is no past and there is no future that is of importance. They are one as all things are one. Life is a crited of events and there is no beginning and there is no end. There is perpetual motion and you are all on the crick. However, they are one and there is no beginning and there is no end. There is perpetual motion and you are all on the crick. However, they have not the control of the critical to the control of the critical test of the critical t

Lots of people here talk about spirituality with long,

hard to understand names and descriptions and a very cult type persona to everything. I am sure this puts lots of people off learning at all. (Question from Aleisha) I have told you before that the spirit world, evolution and the planes of existence are all very simple and it is the writers and preachers in your world who have made it complicated. You must always look at things in simple terms and then you will understand what to expect. There is never anything more than Ishamevan tells you and you must try and believe what I say to you. I know that you remember what I teach you and you are now questioning the fact that you believe Ishamevan over all that you read or that which other people tell you or believe themselves. Why do youthink this is bad or questionable? If I teach it to you it is correct. Why would I teach you something just to be in contradiction to that of the truth that some person on your earth has dreamt up for his own glory? I teach you the truth. I teach you aspects that have not been taught in

your lifetime. I teach you perspectives and different angles on the truth in simple terms. I answer all your questions, never vaguely, always in detail with the truth. I am the truth. I am the to teach you the truth. Do not read or listen to others if this bothers you. What until you have a full picture and then analyze everything. You know now that I speak the truth and you understand all aspects. I teach you daily all aspects not only in these writings but also by using your instincts. It is important that you recognize me speaking to you. I teach you by writing in the main but I must also teach you by a writing in the main but I must also teach you by a wareness and developing your must also teach you by a wareness and developing your

own instant understanding. This is progressing well and I think this is what is causing you the confusion. You seek reassurance from others that these lessons and the answers reassurance from others that these tessons and the answers-are right. But who are you going to get to confirm them, when no one around you has the knowledge that you have? None have been taught as you have in the immediate people that you know. The knowledge you have is unique and you have been chosen. You cannot get reassurance from anyone I am afraid. You must trust yourself and get rid of the idea that you are false. If you are false I would stop. I could not communicate with you because the channels would be blocked. I would not be allowed to talk to you. And what if you are making all this up and being false to yourself? Are you that clever? Perhaps you think that you are. I know that you would not be worried if you thought all this was for your knowledge only that it bothers you that you must teach others of the lessons from Ishamevan. I cannot help you there. You must be. Must observe. Must trust yourself. Ishamevan is always here. You must ask and I will tell you truthfully the answer.

Please tell me about the next level of consciousness and the level above. How much do we have to learn and experience in these lives on earth before we go on? There is no time, but I can say to you that each level has a long time. For to learn and be pure of spirit in each level has a lengthy process. You must achieve the pureness of sensitive to move on. I know that you wonder why so many lessons. One is over and then comes another. What is the purpose of learning, you ask. It is to experience. As with all things in your life, you must experience to fully understand in your life, you must experience to fully understand to unsure the purpose of learning the purpose of learning you to the purpose of learning you to the purpose of learning you the your purpose you have been always the purpose of learning you that you would you want to the purpose of learning you the your your purpose you find you want you

You say that the only purpose of a life is to learn. What is the ultimate goal for all this learning and

#### wisdom ?

For the spirit entity to move higher and higher within the realms of consciousness. From the next plane of existence to the next on so on. The whole purpose of the spiritual journey is to progress through learning. If you do not learn or refuse to heed the learning, they on will not move on. If you go to your earthly plane for a set of lessons in a like and you do not learn men, then you must keep returning until you do. The purpose is to perfect your own spirituality so that it is a replica of its source.

If babies come into the world pure of spirit, are they all at the same level or are some more pure than others according to their own spiritual karma? As with all people in your world, and babies are people which are in fact spirit in a body, the spirituality of that person is at different levels dependant on their own progression. To say that a baby is pure of spirit in the context you mean is to say that the baby has come from a spiritual plane and has not yet been influenced by the problems of your world and its people. It comes with a pure spirituality from this plane of existence and then looses it dependent on its own contest with spirit against life. Its lesson is to win over with spirituality and not let worldly things take over as being of prime importance. However the spirits themselves may be new or mature spirits when they take a body. For this reason all babies are new spirits in their rebirth to the material world but maybe at different levels in their own personal spiritual development.

When should we trust our spiritual instinct?

You should listen to your own spirituality for it is always right. When in doubt do as you feel. There should be no compromise. Now I know you will ask that sometimes you have listened to your heart and acted accordingly and things have not worked out the way you hoped. How then can this be right? I would say to you that the lesson was set and you were richer for the experience. Always there are tests. Sometimes the bait is dangled before you and you want to grab it and eat its delicious taste. You do not heed your inner voice, which says look further than the fruit for it is disguised and will not be good for you. You may have looked with your eyes on that occasion and only thought that your spirituality was telling you it was right. So to sum up, I would say to you to follow your heart or in so there words, your spiritual instinct. Do not let any other person drain you of your spirituality. If you are in tune with another person's spirituality and you feel comfortable with that aspect at all times, then you are with the right person with regard to a sexual and personal level of environment. If you have any doubts or you feel that there is a "take situation" in any respect, then think again. Is this what is good for you and your family?

# Should I go to church as well as following a spiritual path?

To be spiritual you do not have to follow a religious order or thinking. You just have to follow the laws of cause and effect, your own Karma and the laws which the spirit world asks you to follow to make possible the cleansing of your spirit or soul and your evolvement higher. You will notice that I said the cleansing of your spirit and not the learning of the lessons. You do have to learn lessons as I tell you repeatedly, but these lessons in fact cleanse the

spirit, not make it more knowledgeable.

## Chapter Five

#### Living a Life on Earth

"In all things you are alone in your decisions. From these you learn to walk with spirit"

Are our lives planned in every detail before we return to earth? Can the plan be changed once we get to earth." I will say to you that you definitely have a misonoception of that aspect of your evolvement. Yes you do have a life in its broad sense planned. You plan where it will be, through which parents and its starting line so to speak. You plan if you are a man or a woman and the various basic points that are essential to get you started. Beyond that you have free will. You must learn the lessons. A leacons in not learn if it is pre-planned with the answers, it is essential that all people on your earth have free will to passing back to our plane as to whether boy have achieved the necessary marks or points gained to evolve higher, or filled descraedard to saw at the same level here.

How can we be at peace with ourselves in this life?

To be is the answer and the question is this. If to be is the

ultimate, why is not to be the most adverse quality that you can be in disharmony with yourself? It is merely that for you to be at peace you must not try. For you will all be given the answer if you do not try. Learn by example of your teachers, but do not try too hard, for you will loose the meaning in your concentration of all things that you think are correct when this is not necessarily so.

#### Please explain cause and effect?

For any of daily actions there is cause and effect. Your action is the cause and the effect of this cause can sometimes be extensive. Like dropping a pebble in a pond, is ripples go a fair distance from where the pebble entered the water. Let us look at an example. If a child is killed by a drunk driver, the driver's action is the cause. The effect may make many people suffer or feel anguish. The parents of the child the onlookers; the doctors who try and save the child; people who read about it in the paper. For all excitors the try and save the child; people who read about it in the paper. For all excitors there is an effect. I say to you that whatever way you react to situations on earth that have been planned to effect the child. The paper is the proper planned to effect the proper planned to the proper planned to the planned the planned to the planned the planned to the planned the planned to the planned the planned to the planned t

#### How can I make myself more spiritual?

There are the laws pertaining to your life and there is also the wisdom of bahamevan. They are one. But in many instances there is not always this continuity. There is sometimes in the minds of others a bias view of meaning of spirituality and there is sometimes not the clarity that you have as to the perception of all things spiritual. If you have psirituality you have peec. There is

nothing more. You do not have spirituality and aggression and you do not have spirituality and hatred. That is not possible. So you must see that with spirituality you have only the purest of simplicity.

There is nothing else. If you have power, or hatred or aggression in any smallest of smallest minority, you do that we spirituality. So you see, the wisdom of Ishamevan must not only be learnt, it must be inwardly digested in must not only be learnt, it must be inwardly digested for fullest. You cannot teach others of the simplicity if you make this simplicity into an erromuse complexity of understanding. You are simple; you must be simple as is spirituality.

I have heard the theory that there is a cord of life that connects the spirit in a body to the spirit world whilst living on earth. When the body dies then, is the cord cut? I think in this instance you have read the many references to this in your books and I would say to you that this is an explanation to the uninitiated to show how spirit is within the body and then leaves when the body dies. You could see a connection from the spirit world if you had the vision to see and you may see this as a bridge of a connection. but Ishamevan would not like you to take this too literally. It is not a cord as a definite cord. It is a link that is all Whilst the spirit is in a body there is a link between the spirit world and the earth world and the body. When the body dies there is no link to the earth world because the spirit has gone home. Do you see that it is not a physical link, it is a spiritual link and as you cannot see spirit then there is no cord to be seen? It may be said that some psychics or mediums can see the cord. They can see the link that is all.

If everyone's spirituality gives off certain vibrations at different levels dependant on their advancement, do some vibrations affect us?

Let us go now to the city and see what happens there and what happens in the countryside when you are at peace from the noise of the other place. Your human nature is built up from the vibrations around you. Not only from the buildings and the people, but also from vibrations of violence, crime, greed and many other things. The more people that are concentrated in one area the more the vibrations are influenced one way or another. If you are in the country, then there are less people. But because there are less people, those of you who are there are not picking up the other people's vibrations to such a degree because there are less of them. Also in the country you receive those as well from the trees, the plants, the animals and the sky. These things are pure of spirit, even if they have been misused with chemicals or noisons. So to live in these surroundings you will be more at peace and more with spirit. In a city as you are, then the distractions of problems there have more effect on you than you realize. Growing lots of plants this will help. But you must go to the other place to recharge and then the vibrations are less of the bad things, balanced with those that are pure. Then the effect upon yourself is not as bad as if you never

receive the good vibrations at all. So you must balance the

equilibrium.

If babies are new souls in our world, why do some seem unhappy from birth?

Babies we teach awareness to, but sometimes we teach them and they react against the environment in which they find themselves. They know they are not in a happy environment. You ask me: see you are asking if babies bring with them the remembrance of other lives or of our place here. I will tell you that they can, but it is rare. Only the spiritually evolved can do this. You have to be very motivated by circumstances to do this. It is rare for anyone on your earth to remember your existences here with the Holy Spirit. We choose that they do not. Why, I know you will ask do we not want them to remember? Think carefully my pupil. If they were aware of why they are in their existence then the answer to their lesson would be known to them and that would defeat the purpose. Their karma is notvet evolved in spirit. It is not yet worthy of moving further. All spirits take much teaching and learning to go on. Where is on? It is another. What is another? It is nearing perfection. It is of only one God's way.

Can we stand still spiritually in the presence of aggression and do we have to be away from aggression in order to progress?

I will say to you that you do not need to progress every day all the time. You spend a great deal of your time watching the behaviour of others and from this you learn and are richer for the experience. You may feel that you are drained from the experience and this is true but you are also richer in spirif for you are aware of What is hannening. Not all people are this way. So I would point out that the aggression of others is not the aggression of yourself. Stand back and observe and see what is right and what is wrong. For you must not be affected by the stones which are thrown at you, even though these same stones hurt as they hit you. You know that they cannot hurt you for you are rich in spirit. You must pity the throwers for they are the persons that need the help from spirit. It is not your position to throw stones back or plead for the other person to understand for that will not happen. You may speak words of wisdom and whether they are heard and understood is irrelevant for you have been in the place at the time to say them. Their acceptance is not of relevance. The purpose of cause and effect is that the person with the cause may be totally unaware and not necessarily learning anything but the people bearing the effect may be much richer for the experience of these secondary lessons.

# Can we learn by observing others? me is to be and not to think too hard about

Time is to be and not to think too hard about what you want to be Just want to be Just will and see the essential and see the essential and see the essential and see the essential seed in the property of th

your life temporarily to see that which is happening, which under other circumstances you would not even realize. So I say to you all, the thing that you see less is that which is the most important and those things which are paramount in your minds are probably so large that they are of no importance.

# Is it true that everything happens for a reason? Yes. But the reason may be the actions of another person.

which you must observe. It is all about cause and effect. From nother person's scieno, his cause, the effect may go to many, many people. Each person has a different perspective of how it affects them. In which may be a different person in the person has a different person in the person has a different person from the next man. You must learn to observe, as I have leagth you all, then you will understand and you will learn. I will say it you that you must learn to observe, as I have may able you want study betworks until you know them all. Then you will maybe ranking wherestand. That is all maybe ranking wherestand. That is all.

# Could you be more explicit about good and evil? We query if evil can reach us.

I say to you that this is unlikely because you are constantly surrounding yourselves with prayer and your beliefs are protecting you. Whilst there is no such lings a ceil from a spiritual perspective, there is such a thing as ceil reprecussions from the behaviour of people to people. But you have to be receptive to allow them to affect you. As youbserve certain and most situations that you are faced with on a daily basis, it is essential that you look on them as an observer and not as a patricipant. You must see other people's so called evil ways for what they are, not as something from a higher source. Spirit has no evil. There is no other higher evil source.

When a spirit returns home to your plane of existence, is there a difference in the way it is received dependant on the way it lived its life on earth?

I have told you many times that when you pass back home to this world, if doesn't nature how ow by you lived on earth in a particular fashion or manner, but only how much you learnt that could enrich you or own spiritually. That is the meaning of life. You are not judged. If people do not learn then they will not progress, that is all. If they are shown from spirit and detracted from this knowledge by the well chosen words of spirit entities that are inexperienced or incorrect, as some are, then they must still have the knowledge and spiritually to know the difference. When they have perfected this spiritual difference. When they have perfected this spiritual with sories.

#### Is there such thing as a natural born talent?

I have spoken before on this subject. Sometimes a baby will bring over an aspect of their previous life for many reasons. Sometimes they also bring over a feor or a memory of a joy that their previous life gave them. To bring with them a talent of some way can happen. Also the child or adult sometimes can be given the gift from spirit for very many reasons. It may be to see how that person can come with being different and baring a special talent. It

could be that the person has brought to their life a chosen gift that they were allowed to bring with them or it could be that the gift itself could be a butlen of bad elessons. There are manyreasons, but always the way that a person is in his life is both planned by himself and given sanction by the Holy Spirit after considerable consideration as to the aspect that that gift will play with his lessons on earth.

the aspect that that gift will play with his lessons on earth.

Is there a power of music and does it happen that spirit
will connect to us whilst listening to certain beautiful
renderings when we least expect this.

Music is a powerful force and there are times when spirit will enter you, through your own spiritual guides, or whisper to you within the sounds of music. How many times have you been, so called touched, with the beauty of music? I will say to you that a beautiful piece of music will build up the vibrations for spirit to connect and this is good. It doesn't fit a pattern only that it happens. For a person to sing a sad song will attract spirit because the person has put themselves at a level of sincerity that is purely spiritual in its nature and therefore with meaning and love even if it is a sad song. For a person to sing a happy song or being taken over by the strains of a happy song, it lifts their vibrations to such as exhalation of spiritual happiness that spirits connect with your spirits and so on. Does music help to raise the vibrations whatever it is? No and yes. It will raise the vibrations if it is happy music, but then so will laughter or happiness. If it is sad then spirit will come in on that also. You know that within the pits of suffering spirit will appear. Some of you say that you have to get to the pits of suffering within your lives in order to rise from the ashes and be aware of true yourselves also. This is a good observation for it is true. How can you gain true spirituality unless you have reached out in despiral and sak for spiritual help? It seems hard but your awareness has to be sharp and precise. This is when you have an inner reality with regard to spirit and not just your imagination of how you think it should be which would be the case if you had not reached the pits of despiri. Also from this perspective you will know come to be a support of the pits of despiri. Also from this perspective you will know comes. Not in flargy you expect the money or their but by smelling a flower or seeing a baby grow. That is pure happiness. World welf we cannot bring your spirit

happiness. And it is your spirit that needs to be happy and content, not your body. Your body dies and does not make a mark on your spirit other than the steps of its progression. The spirit will not remember that it was happy with a new boat or a new house when it is on this plane of existence. But it will remember all the wonderful things made by the heavenly spirit leaders which you see on your earth. The pleasures and wonders it learnt from nature and things it absorbed that were there just for the observation. The pleasure that another person can give you just by words and deeds that cost nothing. Spirit connecting with spirit. If you give a person an expensive present that will give the person pleasure, but I will say to you that it is the kindness of the person giving the gift that is important, not the wonder of the gift. That is of no consequence. And many times people will give a gift or buy something with money and try to make another person happy when they could have been more successful by words and deeds of love and nothing else. It does not cost money to give happiness and all of you that say you are not happy are not with spirit.

Is consciousness simply being aware every minute, of yourself, your actions, and how others may perceive you? Or is there much more to consciousness than this?

Consciounness is the level of spirituality at which you are at any one time. It is the progress of your spirit. It is not where you are in your perception of everything within your life-time, it is more who you are in spirit. You are looking at it as being conscious in your living sales not in which you have a superior of the property of the proper

We have writings that say that one must be desire-less before he or she can find God and enlightenment? If that is so, how can one whole-heartedly seek these things without the desire to do so?

There are many aspects to this question, so I will take them one at a time. Firstly you must understand the perception of your word God. God is a consciousness not a person. God is not a man sitting on a cloud to whom you pay homage during life or when you die. The word God is a human word. So look at it this way. On the spiritual plane or planes there are various levels of consciousness. We will look at the spiritual plane, which you return to when you die and call it the next level of consciousness. When you have learnt all your lessons at the next level of consciousness you graduate so to speak and move on to a higher level and a higher level and so on. Over each level of consciousness there are higher spirits, in charge if you like. Now the next plane of existence, which you return to when you die, the next level of consciousness, has supreme or high spirits in charge. These are in various degrees and this is what you call God. It is your natural inborn spiritual essence to desire to progress within your own spirituality. You do not have to have the desire to do so, for it is there whether you accept it or not. You just have to nurture it to make it blossom

Does one have free will, whether that will like within the sout, the spirit, the mind or any part of the individual? Or is all we do, hink and feel preordative? You have pre-set hings in your life before you return to earth. These things you cannot change. That is prinarily your parents, you death and your lessons. With regard to your lessons these are important for they are the reason you have returned to earth. To learn and earth your spirit so your spirit can move one Higher and higher which is in to you far the proper of the proper of the property of the that you work through or fail your lessons, you have feet will. If you did not, then your lessons would be of no importance to you.

#### Do babies see spirits if they are around?

Yes they do. They have just left the world of spirit and have not yet got into the ways of the world, which tells them that they are imagining their visions. So a baby will often see spirit and it is so natural to see or feel this that they are neither alarmed nor afraid. A baby will not scream at spirit, they accept the presence as a normal thing.

The ancient peoples of the world believed the sun influenced their lives. They worshipped it like a God. Is that true?

The sun was said to be the divine of all beings because if any life. It was more that it sustained life, did it not? But the sun brings each day into light. It warms and natures the crops to grow to give you food. It energizes your body with vitamins and growth. It is the blanket that warms you and the breath that makes you grow. The sun is growth in many aspects. Not to be confused with the darkness of the might which is a resting time. That is the opposite extreme. Thousand was a strength of the same and see the Tomorow wache for the rebitth of the same and see the Tomorow wache for the rebitth of the same and see the Tomorow wache for the rebitth of the same, rises to a new day.

You talk a great deal about the light. Scientifically in our world, there is a sneed of light. Is there a connection?

I will tell you today about many things connected with the speed of light and how this affects the spirit world in relation to the essences of time and it's perception to your understanding. Speed and time are nothing here. They are one in that they are nothing. Time is nothing and speed is nothing. Also nothing stands still either if you can understand that. So let us look at sound as it is made up by molecules and their rendering together to make a sound and how this sound takes time to reach you. How can we in the spirit world say that sound and time have no speed and do not exist? I will say to you that if sound does not travel in time to be transmitted how does it happen that sound is in the world of spirituality and not be happening? Strange, yet it is true. Let me just say that in spirit we do not experience the happening of a situation. We are in the situation so therefore time does not exist. If we hear something it is because we are part of the thing we are hearing. We are not standing outside that thing and watching it happen and waiting for the sound waves to travel across time to us to reverberate the happening. We are in the happening. The same rules apply to sight as they do to sound. For you to experience seeing something, it is the same as wavelengths traveling across time to your brain to interpret what you are seeing. It is the same as sound. We do not see as you see, we are part of the thing we are seeing so we experience also.

#### Does the sun affect our lives?

Yes I will say that the sun has a strong connection to spirit. Probably one of the strongest and in ancient times the fact that the people worshipped the sun meant that they were closer to nature, its eveles, and because of this to spirituality itself. Earlier civilizations were aware that spirit connected to the sun and the festivals of the sun's solstice atwhat you now call Christmas were in existence long before your world celebrated the same festival by the birth of Christ. Your world took the date that was important to spirituality, not the other way round. The season of the sun's solstice at summer is together with the awakening heat of the sun, so hirth and re-growth after spring is important too. Now you celebrate Easter. This is not how it was. Before Christ all of spirit and your people celebrated the sun and the growth and rebirth of all things from the connection of the sun. You will see later why the Egyptians worshipped the sun god Ra. The sun god is the Holy Spirit, is the universe, is the whole spirituality and its

evolvement. Without the sun there would be no spirituality Will scientists ever be able to see your spiritual world?

in your world.

No they will not. That is quite definite. There is no proof from your world only an awareness of those people who are gifted to know that spirit is there and they are picking up the vibrations of spirit because they are allowing their spirituality to do this thing. If you look at any thing from a scientific angle it is explainable. Everything in your world has a scientific explanation. That is as it must be. You are talking about physical things of matter, not of spiritual things, that is the difference. If you talk of spiritual things, you are referring to a universe full of things beyond your explanation. The things that have been taught to you by your teacher are nothing in proportion to the things that are there to learn. So how can a scientific person on your world, dealing only with physical things and they explanations, possibly put a meaning onto spirituality as a would fit in with his test and experiments with a meaning onto that is explainable. There is no proof. There is only awareness and belief, which will come from your teachings and the absorption of the lessons to your own belief and understanding.

Do higher spirits ever get angry at the wrong doings of man, say like the horrors done to people by terrorist leaders?

Anger is a word that is only for the likes of man. Spirit has lower not anger. But you ask are we affected by the wrong doings of men. Only in as much as we see that it is fuller that man will no listen. Will not see what is so bright a light in his eyes. Why when spirituality is being told to you from every angle do you not stop, listen and obey it very small needs. To be with spirit is the answer to your life. There is no other. When many of you come home and say that you were too husy to listen to spirit or too wain to more than the same of the same

After death what can we expect the spirit world to be like?

There are fundamentally many differences. You must

remember that spirit is a mass of consciousness. It is let us say, a cloud that has no defined edges, height or width.

Because when you are inside the cloud you do not see the edges because they are forever changing. Yet you are a part of it. You are not on the edge or in the middle, you are it. There are no edges to you for you mingle with the other. So that is the concept. You are part of this whether you are on your earth or back on this plane. There is no difference except that here you are one and there you are a fragmentation of one, which is in two places at the same time. I am here not there. I am not in two places, you are. So we will look at your view of the spirit world. You say it is beautiful and that it is full of love, which is true, but it is not in these aspects as you know them on earth. If I said to you what is beautiful on earth, you would say a flower, a mountain, a stream. What about love? You would say between two people, an act of kindness, and a marvel of creation. Yet a beautiful thing here is not a view, it is an

experience love as you know it on earth, yet there is a big difference in reality to what he experienced when he again began being one with the whole, with the source. It is difficult for us looking at all the people on our earth, with their complexities, their different cultures and Ilfestyles and yet see how everyone comes together in the spirit world.

emersion of the spirit into a pool of beauty and love. There is a big difference. So I will say to you that unconsciously you said to the person dying that he will see many beautiful things as you see them on earth and he will

Some of you believe that groups are formed in the spirit world with like attracting like and not mixing with the rest who are different. This is an amusing observation. We are all spirit who are the same as they are spirits. In the spirit world we do not differentiate nation against nation or beggar against rich man. All are the same. The spirit is the same. It is the bitnright of the body or the standard living that is different. When Jesus said you must love one nother he was or right and you must learn to do that you all only got rid of prejudices against nations and class it would be a star.

By example please tell us how you have evolved from your last life?

I was not good in my last life. I did many wrongs to others and was hateful as you say to my enemies. But I loved my family greatly so all was not bad. But in my previous existences I have learnt many lessons so that was good. Now I must stay here and teach you so that you can pass on my lessons to a great many people. So what I am doing now is the effect of my bad actions when I last was on your earth. Do you understand? There is no such thing as wrong in that you are not punished. But there is a good or had way of reacting to or gaining experience from your lessons on earth. If you learn by your lessons you move on eventually when you return fully to here. If you do not learn and react in a selfish, monetary or bad way then you must learn again. The lesson will be repeated and repeated until you get it right. Not right, more giving in the correct spiritual reaction. Spirituality is the effect to all things. The lesson is the cause, your spirituality as a result of a lesson is correct. The lesson does not have a right or wrong answer. But the answer has to be correct. So now you ask about the various levels of our planes and the ultimate end. If you imagine nothing to perfection and all the various levels in-between as stages on a very tall ladder then you will see what I try to explain. At each stage you must learn various lessons before you can progress further up the ladder. Although of course this is only an example, it is not a ladder with a top and a bottom. You are by your understanding progressing by continual assessment.

Sometimes you slip down the ladder to the previous level platform, but this is not usual. Usually you fail to go up because you did not learn by your lessons on this stage of advancement. If your soul is mature or wise from your existences at that level of progress, then and only then will you progress upwards. There are many levels above you now but you must never think where you are on the ladder of progression. Only that you are spiritual in all that you

do. Never be otherwise. I have explained to you briefly how you evolved from the insect and amoeba world to maturity of your soul, or spirit entity. And I know that you and will need me to carefully consider how to explain this to you. In brief, yes you do. But it is not quite that next time you go to another solar system and become you all over again in the body of another species of being. But you do somehow. Ask me more another time, I need to seek help on how to explain this to you. Thisis not on your present spiritual level. As you are now you will only

reincarnate as a person in your world. There are many other worlds which are all connected to the great white

where you are today in the level of your spirituality and ask whether you will progress to be more evolved creatures still, perhaps on another planet. This is complex spirit, which encompasses all. It is very simple.

# Why do some people here have such complicated theories about spirituality?

In all things there is simplicity and in the word of spirit there is nothing but simplicity. Do not let people weave a blanket of intrigue that is not there. I will tell you as I have done many times about the world of spirit so that you may pass this message on. So please listen and remember for it is important. The world of spirit, as is the world of nature. is fed by water and grows and matures and then dies. seemingly to return its dead body to the earth. It is the same as a human who comes from somewhere else and lives on this earth and then passes seemingly back from whence it came. I do not say that a plant, for example, came from the world of spirit, more that it had to have a seed or a part of another plant in order to live. Mother Nature as you call it, is pure simplicity and so is your life and the world of spirit. Spirit is everlasting. You will never see the beginning or the end. It is a process of evolvement and this journey is of enlightenment to your own individuality and nothing else. There is only one journey of importance to yourself and that is your own. Only you can learn the lessons you wish and choose so all the decisions and risk taking is from your own decisions. You carve the path through the woods never knowing the end destination. In reality this journey should be a voyage of wonder and the new sights and experiences you see, not a horror of unpleasantness and upsets when they happen. I will say to you that for all dark things there is light. There is always the light. Do not screw up your eyes so you face and focus away from the light for this is your growth and your energy to strive forward. Never can you advance if you do not face the light. The light is spirit and ispositive and good. Your guides will turn you to the light if you ask and many human forms will try and turn you away so that you see a false light or the glitter of things which appear brighter and more appealing than the pure white light of the Holy Spirit which is the world of spirit and all spiritual beings. If you decide that the world of spirit is anything more than simplicity and love, then you do not know spirit. To know spirit is a gradual process of recognition in all respects. You cannot know a person in your world by a few casual words and walking on your way. You know a person by familiarity and loving to understand and fathom out their innermost thoughts; to know their moods, their highs and their lows; to sense their very being if that person is exceptionally close to you in love. So it should be with spirit. You will not know your guides or your teacher if you do not work at learning their ways, their meanings and their implications. When you have this trust and understanding, then you will advance in your learning because the spirits who are with you want to teach you all that there is to know

Is your plane in a physical direction from our earth? If so which direction is it? It is all around you. It is neither north or west or anywhere

else. It is not matter, or volume or substance. It is air. Spirit is like a cloud made up of tiny molecules that are in themselves spirits, which are parts of other spirits. We are one but nothing more than a puff of the wind.

## How large is the spiritual plane?

I presume that you are talking about the next plane of existence, where an mow. Size does not come into things. We are vast yet we are also small. Something of nothing, I would say to you that although spirituality on every plane is endless there is also an aspect that everything is one. By this I would position out that to see another spirit it can be done anthe blink of a copy. No spirit is away. All are have no distance or time. As you progress and move to other spiritual worlds or planes you will see more and move to other spiritual worlds or planes you will see more and move and how endless excepting in a

Can we be helped in our working lives by people who were good in that profession and have passed over to the other side?

This is a good question because I know that you have satched before about a fifted child who playe extraordinary pieces of music at a young age. Well, I will asy to you that from the spirit perspective all spirits can help all people if they choose to pass on information. That is one respect. Your guided ship! Well you what is right and what is wrong. But for a person who has died to tell you how to better do your world. Intail is another thing! I think you already know you would be the sunder thing! I think you already know I need any no more. What a person is good at on your earth, we are all good at from grint it is a mere nothing here. So you see that if a person is good in your world then its unique, but for a print to be knowledgeable of that subject here, that is ordinary. All of your lives are very simply ordinary to all of us on this plane of existence. None of you will be special when you return, only your sprintality will set you apart. We do not say that a Obeen is special in our level of spirituality. She is the same as a new part of the property of the prope

would be a difference, but only different from the poor

man if he was not

## Chapter Six

## Guides

"Trust in your guides for they are your only true friends"

#### How can I talk to my guide?

You must build up a relationship with your guide. Imagine that there is a person with you if you like, and talk to someone whom you cannot see. Imagine for a better word that the spirit is a person and the person is listening. Then ask the question and listen to the answer. It is all built up on a matter of trust Trust from you that the guide will listen and then reply. You must believe that a reply will be given. Then ask as you would any other person when you want to know or want to achieve something. Talk as if you were talking to another person. Be plant and simple. Your guide is not a God that you think must be got and so god the your childran and my our helperson.

Has my guide been with me since the beginning of my life on earth?

Yes he was with you before you were born. When the

spirit which is yourself entered the egg from which you grew, the spirit guide was positioned to be with you and protect your spirituality-not your body-and has been with you ever since. Through your birth and with you continually until today. The main guide will never leave you even if you do not choose to recognize him. The guide will be there when you die and will take you home to this plane of existence. You planned your journey together and your guide knows what you wish to experience in this life. For those aspects the guide will leave you to make your own choices because this aspect is ordained and is not changeable from spirit. Many other things which come in. if you ask, can be given advice from the guide as an answer to your requests to change them.

## How come my guide has never shown himself to me?

Because you did not show any interest in knowing of his existence. He will only be shown to you if you are spiritually evolved. If you are given certain aspects of learning and you choose not to learn then the guide will remain as an observer. If he whispers in your ear at times whether to do or not to do something, you treat it as instinct, or say I do not know why I do not want to do this thing. Then it is your guide. But you have not believed or studied this aspect

## How can you trust your guide?

Because your spirituality is the only thing you can trust in life. You are spirit, which is singular to you. You are spirit and not body. You are the spirit, which animates the body. which you borrow to live and experience the things in life, which in turn help towards your advancement. You are alone. You touch the lives of others to varying degrees but you are still alone. You are born alone you die alone. But from the world of spirit you chose a spirit to guide you and be with you in a spiritual form only, which is the strongest and most powerful of all things. You two chose the existence-the guide and the pupil. You have a trust, which is from the spiritual plane of existence. How can you trust him? How can you not trust him? Trust is an earthly thing. Spirit is with spirit as a puff of smoke that intertwines with one another. There is no aspect of trust spirit to spirit because theirs is love, pure love which is more powerful that trust. Love is the essence of all things. With pure love nothing can destroy it. Love is indestructible if it is pure love. Spirit is pure love and so spirit-to-spirit is pure love. You do not ask how to trust pure love. If you did not have trust in pure love you would not have pure love, that is all.

#### Do I have more than one guide?

There are many guides who come to you for different things at different times. For some of the periods of your life there has been extra support, so to speak, and more than one guide has been with you.

## Are guides also angels?

All spirits have a purpose that they choose to do. Angels are one purpose. They are spirits of course. They are very highly evolved spirits. I could have been an angel but I chose not to be. Spirits have to have reached a certain level to be an angel. Angels are also guides, but guides are not

necessarily angels. Visions of angels are not always the same. Sometimes they manifest themselves as small children or cherubs. Spirits that spent their last existences on earth briefly and passed over as small children will take on the purpose of showing themselves as angels, as will very highly spiritually evolved souls who wish to heal or be guardians to people generally. Sometimes they are such only for a brief time. But all angels are very highly achieved souls. Do you see them? Not maybe now but you did as a child, as most children do. They are always around you at certain times of trouble or when you need them as guides or just guardian helpers. All your guides, to have reached that level of progression could be called angels whether they are male or female in their last life. A spirit who returned home with his last life as say a burly warrior could manifest to you as a cherub type angel, because that is what he thought you needed to see.

#### It often feels like my guide is not there.

Every one of you has a guide who is always there to bely you. But you ignore this most of the time and only call for help when you are in deep resulte and do not know which way to turn. Why do you not talk to spirit as a friend on a daily basis and ask for guidance? Not necessarily asking for a miract to they boy. you know that that is not always possible, but to ask for guidance and for your spirit helper to give you some help. Talk as you would if you talked to a friend and saked their opinion-this is good. You know that the property of the property

happen. From our perspective It is hard to Imagine why people in your world do not see what is with them. I know that you are not all experienced to do this but many of you have the perception to do so and are old aprints who have evolved many times back to earth. You all, who are at that level, can tap into these feelings, these guides, these helpers and use them to help you. That is why they are with you. They cannot necessarily brange your decisions, which are essential to learn from your lessons, but they can help you with being there. Do you understand? It is like feeling that you are more than the control to the control of the property of t

Should we try to identify our guides in the last guise of their last lives on our earthly world?

This is a difficult one and for even a small group such as youselves, every one of you needs to feel and experience different thoughts and feelings. I would asy to you that it isotot necessary to actually see in your minds eye a picture of your guide and most guides can be recognized by various senses of feelings that you pick up to know that it is them. The more on guide comes to you the more you will grow to recognize them. It is difficult for you to do this if there are several guides or spirit entities with you at any one time. But you making guide you should know well if, and only if, you take the time to be should know well if, and only if, you take the time to be should not be recognized to the result of the property of the property

sided conversation but this is really not the case. How many times do you ask for an answer and it is given? Not necessarily at the time you ask but maybe a little while later. Then you know that someone has listened and has reacted to your request.

Get to know your guides but if you cannot see them in a guise it does not matter. Think about your spirit inside your body, it is nothing. It is spirit. You cannot see it. You cannot identify it. But you as a person know that it is there. You know from your reincensation experiences that you can go back hundreds of years to another time and another place and you will see and feel yourself in another body. You will hook at the body this you were in at that time. You will not a the body this you were in at that time. You will not a feel your spirit as your spirit in side that body. Do you self. You know that you do. Do you understand, what

# Do guides have anything to do with coincidental happenings?

There is no such thing as coincidence, only spirit working in quiet and meaningful ways and giving you gifts when you least expect them.

#### How can I get in contact with my guide?

Ishamevan is trying to say to you?

Don't try so hard. The guides are always there. Talk to them as if they are always there. Get into the habit but do not make it a difficult exercise for yourselves. Next think only that your guides are friends and not some awesome being that is not one of you. The spirit world and its connections to you are as normal as everyday acceptance of a friend or advisor. Meditation is good but not if you try too hard. Relax more and you will find that as you ask for knowledge or help in an everyday relaxed way, it will come.

Can we sense other people's guides and can they have any effect on us?

Yes they do but only because they affect the life of another person and this in effect does the same to you. You never have direct contact with the guide of another person, only with your own. Guides as I have told you before teach you many things and are with you as constant comfort. This is important because I want you to know that you are never alone. To be alone is to be forgotten and to stumble onward without support and friendship and love. This will never happen. I know that you wish to ask how someone is bad and does not behave nicely to other people will have guidance in this way or will they be ignored by their guides. I will say to you that no one is without this help. Even if a person is not doing too well on your earth in his spiritual path, even then a guide will always be there to help and whisper words of wisdom, even if they are not heeded. Ask and the door will be opened, Seek and you will find

## How can I talk directly with my guide?

Your guide is always with you. You may talk as if you were friends treading the same path and seeing and doing the same things. She will give you an opinion and advice if

you sak for it. Sor ty speaking to your guide and you will see that you get the answer. If you say this is a wonderful day, it is great to be alive. She will agree. If you say please help me do this task which I am finding difficult she will notnecessarily answer but the task may become easier. Imagine yousself as a bind man with no sight. You do not see the other people in the room. But you feel their presence and you may firstly start a conversation. You presence and you may firstly start a conversation. You among you know that contens will reply. So will reply, so will reply. So will reply a

## Twins-do they have twin guides?

I will say to you that every person in your world has a guide. The mere fact that the embryo splits in two and grows into two babies has nothing whatever to do with the spirituality of those babies. Each bably has its own guide or guides, which enters the body and grows as the bably grows before brith. I would say that the guides that are with the babies when they are together do entwine and work together if that is the right interpretation. Spirits become one with spirit. There is a spiritual connection between babies that are born together-that grow togetherthrough their guides, but as they grow older they grow apart and the guides of also. But you will ask about the powers of psychic feelings between twins or multiple brith powers of psychic feelings between twins or multiple brith they are in tune with each other and instinctively know that they can do this thine.

## What is our inner voice? Is it our guide?

Your inner voice is your instinct. They are the same. So what are these things? They are the voice of your own spirituality. They are the voices of your guides and the voices of spirits from higher realms through them telling you the answer to your questions or your problems. They are the truth that you will either accept or refuse to acknowledge. They are the truth if only you will listen.

## How can I better listen and understand what my inner voice says to me? Listen, that is all. Do not try and take over as if you know

Can a guide be so to more than one person at a time? It will depend on the guide. Your main guide will not act as a guide for another person, but the guides that just come in to assist with a certain aspect of your life, may do so to other people as well. At the same time-well we have no time and all things happen simultaneously. So yes I suppose they could at the same time if you look at it from your perspective. This is not unusual.

If more than one guide is assisting a particular person with an experience, is it ever the case that those guides will disagree? If so, what would happen then?

Never would that be the case. From the world of spirit, the answers are always the same. The allocation of guides to a spirit in a body is for the purpose of assisting them through the troubles of living in a world of matter. Each guide is the same spirit; none are right or wrong. They work only within the laws of spirituality and these are the same. Spirit has no opinion only love and understanding. All spirits who act as guides are on the same level. A spirit who say had just risen in this level of consciousness. where I am now-the next level of consciousness to you on earth, would not be advanced in their education so to speak and would not be given the job of acting as a guide to a spirit in a body in your earth. A guide has to be a spirit, which is nearing its final exams in this level. It is knowledgeable in the laws of karma and can advise. Only those guides advise or help. As I have said to you before with regard to mediums in your world who pick up messages from spirits in this world, they are not necessarily mature or advanced in their understanding. These messages are therefore confusing or of no help in solving the problem. But your own guide or guides will not act in this way and are always all coming from the same school so they all have the same answers.

Why is it that I cry and plead to my guides, but all in vain?

Because you do not want to listen. You are too busy trying to hear that the messages in reply are drowned by your own anxiety. Calmy ourself and ask. They will not shoul or clang bells in reply, but if you look and listen to your inner self you will see that you are given a reply and sometimes a solution

#### How can I hear from my guide?

You must get to know her. Sit quietly and close your eyes for a short while a few times a day. Send away thoughts of problems and just relax knowing that someone is there with you in relaxed familiarity. You sit together. You discuss things. You need not speak. You talk your problems and you wait. You will soon see for yourself the answers as are shown to you by your equide.

I have contemplated the idea that we all have guides of some description. I am willing to believe they exist but

I have no awareness of any effect on my life. How can I become more aware of this relationship?

become more aware of this relationship?

I have talked much about guides and you should read my words. All people on your earth have with them at all

times a main guide. This is a spirit entity, which you chose before you returned to your world. The spirit also had to agree to act in this purpose. This guide brought you from your home to your present plane of existence, helped during your bit had will stay with you until you die of your body and return back to your true home. For your next visit to your world you will probably choose another spirit entity, or you act as a guide whilst the spirit lives through a body in a life on earth. Other guides may come

in to you life briefly for different purposes for tilness to help at a time of turmoil or grief to teach; to act as a support and so on. You will ask me why your main guide cannot do this too. and I will say to you that he is always there, but at some times, extra support may be needed. Sometimes you may live a life and no have around you any more than your main guide, or him and one other. It all depends on person's advancement. If you are a novice then there are more guides around. If more advanced, like youself, then there will be few. Now I will tell you how to

any more than your man guide, or him and one other. It all depends on person a shadnenement. If you are a sovice then there are more guides around. If more advanced, like yourself, then there with 6 rew. Not a While I you how to yourself, then there with 6 rew. Not a While I you how to you shall you have the sent that the sent the sent that the sent the sent that the sent the sent the sent t

spirit. Talk only on an equal footing. Do not be in awe of ability, and not good. Ask your guide to help you of abilitive, that he will. Sow. ... I really need to the he here of get methrough his..., and then feel the strength around you for itwill surely come. Believe that it will come, for that is one purpose being put to you in the plan of your growth. Once you know your guide, then many more windows of understanding will be opened to you.

Will all spirit guides on your level teach the same or are there some with other experiences which will result in them teaching differently?

It all depends on where they are in their own level of spiritual evolvement. The more they crobe the more they are wise. If they are wise then they teach with more purity of learning. If they are new spirits and are not experienced then they will maybe give a more moddled or non-clear view. But I speak of spirits, you speak of guides. To be a guide, that is a spirit that is with you throughout your life, then that spirit has to be more spiritual evolved. But not all are at the same level. Some may be there to learn also. The spirit guide learns from the person on earth, at I do with you. If this is the case then that guide may not be as wise as another who is that much lighter up the scale of spirits.

Tell me about my guide's function at the time of physical death?

Your main guide, who has been with you since before birth into your world, will be with you at death to take you

home. That is the purpose of that guide, although they have remained with you for all of your life.

You say that our guides are constantly trying to attract our attention, yet we usually don't notice. How can I become more aware of their presence?

Yes guides do try and attract your attention for many reasons. Maybe it is for you to be aware of their presence. Maybe it is for reassurance or merely just so that you will tackle a situation having thought of the spiritual implications. For you to become aware, you must firstly take onto yourself the rules and laws of the spiritual kingdom. Until you make yourself in tune with spirituality, you will not be so aware of spirit around you. For we are there. You are the vessel to receive them. But you, as a vessel must be clean and free of all dirt and debris from your other beliefs and wants and so called needs and ideas. Make yourself clean and then see how much is out there

for your eyes that you cannot now see, hear and feel. That As in a recent book I have read, please clarify the author's explanation with repard to the incarnation of ones guide or guides at the same time as ones own incarnation?

ic all

You as a body on earth have a guide in the spirit world. Your guide cannot be in a simultaneous life on earth, unless it has stepped down for another guide to take over whilst it assists you in a body and integrates in your life on earth

Does a person's guide affect their personality?

All guides are pure spirit so as such are a good influence not bad. A bad guide is not possible. If you listen to your guides you will learn how to deal with life and its little situations. From this will become a change in how you look and act with things. Your personality could therefore change.

change. What actually are our guides? I am now wondering if our guides are actually our own soul. If our guides are a separate entity alongether, how do we connect with Soul knows our purpose in Ilfe as some say, why do we need the guides to help us? Are the guides to the sum of the sum of the guides of the guides to the guid

Your soul is your own spirit entity. The two are the same. It is just a different work the same as Good is called many it it is just at different work the same as Good is called many things too. Great Ordinance Divine. Allah, the Great White Spirit. Bet Holy Spirit. God is an entity made up of a mass of spirituality and within that mass, the individual spirit entities which are themselves connected to each other. Your soul or spirit is you, not your body. It is the entity which is using your body to live this life on earth. Some people say it is your root, your most, your inner self that is what you are. Some say it is your printailly. It is all the same. So you see the description you have heard is somewhat correct. You must always connect with your inner self, your spirit, your soul, to see that which you are, and where you are going. I will say to you, that to be at one with your spirituality will give you the power to see and hear many thins, You will see voul file much better

and your lessons will be taken from a different attitude. You can only do this thing yourself, with help from your guides that is, 50 you ask me what your guides are. Do they introduce you to your soul? Your guides are spin entities who you and they chose to be with you during your lifetime. You can state the proper of the property of the property

existence, which is difficult for you to do. Your spirituality does know its purpose when it is on the next plane of existence, from also where it came, but the knowledge is submerged into oblivion whilst you live a life, so that you can take the lessons and tests, if we can be so blunt as to call them that, with no knowledge of their results. So these spirits guides are not you. They assist you by giving you instinct, a sixth sense, an unknown feeling. They can, if you are attuned with them, awaken your own spirituality to be aware of many things. Your own spirituality, I would add, is as advanced as your past lives have made it become. For how and what you have learnt to date, makes your advancement what it is. If you choose to not learn or make yourself available to the correct teachings, then you will be static and not advance. It is that simple. So you see your progress in your spiritual learning is in your hands only. This spiritual file of progress is called your Karma. The laws of Karma are therefore the lessons to live by and the various aspects which you must perfect in order to advance.

Could you clarify the status of guides? Is your main guide on the same level of advancement spiritually as you in this life or are they more advanced spirits?

Your main guide and yourself are on the same level of advancement. However because the sprift guide is on the sprittaal plane and not the earth plane, then for the purpose of the life they are monitoring, they are advanced. They seek advise from higher sprins in how to advise the person on earth. They are in a role that puts them higher. They learn by the experience of being a main guide for it is not easy. There is a lot of planning done before you both return to earth for the life in a body. Your guide is with you but still in spirit. So you see that he/she would have to be more like a teacher than a fellow put.

## Why did my spirit guide choose me?

You chose each other for this path through your life on earth. It was not a matter of the spirit choosing you. Before you returned to this world you both planned the trip so to speak, you as the living being and him as the guide. From birth you were together and will be until after your death when you both return together to the snirit world.

What, if anything, does my spirit guide have to learn from me?
Your guide will not learn from you whilst you are in a life

on earth. He is spirit which is a higher level of

consciousness. However he may next time come back as the living person and you or someone else as a spirit will be the guide.

Are my instincts merely my guide talking to me?

I have told you before to trust your instincts. These are the voices of spirit teaching you. But most of the time you do not listen. Spirit speaks to you continuously and tells you by instinct what is right and what is fantasy and fiction.

You said that a person's instinct was always right, but what would happen if your guide gave you advice but your own instinct said that it was wrong?

You have always freedom of choice. You have the right to choose one path from mother or one amover to a question, which may be different from the next man. When I give you words of advice the year the epition of spirit. If I state is to you 'do not kill that man because you do not have reason and it is wound for your give year. You would not have reason and the swood for your give year and you would not have reason and the words of you would not work to work you would not y

If you say that spirit is one, how then can you be more with me and the other guides are not? That is contradictory. (Question from Aleisha) Yes I can see that you would interpret that way, but it is not so. We can be one, yet I am stronger if that is the word. than the others. We are not equal although we are parts of a one. Within the world of spirit we are one. But we are not we, but merely an essence. Not a thing of matter, but an essence that is a whole, with no substance of course. I will describe it perhaps as liquid in a bottle. The liquid could be made up of five parts wine, two parts water and one part juice. The five parts wine is stronger in its velocity than the juice. I am the wine. But there is of course no volume and no substance. It is nothing in your eves, vet it is made up of spiritual parts. It is so difficult for you to understand. But I will still say to you that I am a stronger spiritual entity than many other spiritual entities

stronger spiritual entity than many other spiritual entities joined together at this time. Spirit can come to the fore at times and swell in size so that it is bigger if that is the word than other spirits around it. Then it can decrease so that it is smaller than the others. Do you understand? It is all a matter of need. If you, as a spiritual entity within a body, trying to cope with life and lessons in your world. need help or assistance so to speak, then a spirit or spirit guides will come in and help. If it is one spirit who helps, as in our case, then this may be more powerful and necessary at one time than many smaller guides who fade whilst some spirit like myself takes over temporarilyalthough it may be for several years as in our case-until the assistance is not so intensely necessary. Then when that stage of your life is over and another begins, then perhaps another guide will come in for another purpose. But, you always have your main guide with you too, even if at times in second place so to speak as it is in your case.

You indicate that in times of need we always have the correct help standing by waiting to assist us. But I know that I feel sometimes in extreme problem times, that I am wery much alone and struggling.

This is because you are feeling the situation and blocking out all other things, which is perhaps understandable. If you have a problem, however large, there is always something to observe in that situation and something too to learn. I know that you will say to me that the anguish of the situation will not enable you to step back and see what message is being said, but I will reply that you must learn to do so. For all bad there comes a calm and then good. That is fact. Bad does not go on forever, if, and only if, you see the bad for what it was. If you scream and shout and spend your time making a lot of noise and therefore build a wall of wallowing around you, then you will not see. It may take you a considerable time before your wall becomes fragile and then you pause to think that perhaps there is more to the situation than you first perceived. Then you may see more into it. Then you may see you have wasted time in your anguish when you could have been seeing the cause to the effect.

In severe problems will it not take a long time for the guides to answer?

Always you will be shown the answer, eventually that is.

But the more instinctive and psychic you become, the more easily you will interpret the message, or should I say the reason. It does not matter how severe the problem, you must learn in all things to use your spirituality and your power to find the reason. For you have the power to turn all keys in the locks of mystery boxes.

# Chapter Seven

#### Love & Soul Mates

"Love is the key to all things spiritual"

#### Why is love so important?

Love is the key to all things and as I have told you many times, if you give ber feely then you will receive it from even the most hardest of men. If you give aggression you receive aggression because this is man 5 defence of man. If a tiger growk at another tiger ready to pounce then the other tiger will stand on guard and such these. It is the same with man. If the tiger went and licked the other tiger will store and affection the other tiger would be bestant to with fore and affection the other tiger will store the same with a first matched. That is all,

#### How do we improve the way we give love?

The love of the spirituality of a person is the essence in all things as I have told you many times. If you have love that is pure and without question, then you are on your way to developing your own spiritual evolvement. You can have no encumbrances connected with the love you give to all other people. There must be no strings and no rules. It must be pure and unselfish at all times. You cannot look at another person, whoever it is, and say to this person by your actions that your love is conditional. It must be given freely in every minute of every day. If a person does you wrong then you must not get angry and retaliate with aggression for then you become aggression and not love. You must all learn to love above all other things. You may be frustrated if you wish to do so before you learn to control this thing, but you must never become angry. Anger is what is wrong with much on your world. For anger is never understood in its entirety of reason for anger and thus becomes passed on to another and another until it grows like a festering boil, never to be stopped until it explodes it's venom into all that surrounds it.

Love is the essence of all things. When you perfect this thing then you have spirituality. For to be in love is to in in harmony with yourself. To be without love of other things mortal and immortal is to have not overcome many lessons of control and understanding. You must become to see the visions of true spirituality. Others will see this in you and that is important.

#### How can we love those who hate us?

Love your neighbour and you will receive back love a thousand fold. Jesus said east your bread upon the water and it will come back to you increased in strength. This is true about love and all things spiritual. Aggression and hate and inflicting humiliation and upset upon another person shows a lack of understanding of spirituality for whatever reason.

#### Why is the line between love and hate so thin?

It is not. I do not understand why you ask this thing. There is always love but in varying degrees. Some people refuse to love. Some people refuse to recognize that it is there at all. Some people give other reasons not to love. Hate is another thing. For not to give love to fellow men does not necessarily mean that you hate them. You can be indifferent. You can be an onlooker with no emotions. To hate is a very strong reaction. Hate is a nowerful force that comes from many reasons. Hate is one extreme and love is the other. There are many things in-between that can reverse the path back to love. The path from hate also can be reversed but it is harder. Hate is not always hate, it can be a protective barrier so that you do not penetrate the shell of a person who has something to hide or hurt that they do not wish to be disclosed. They are in a corner so they strike out with hate. Then the other person will retreat. They do not necessarily want the other person to act against them. Many people who hate are lonely and really crying out for the love that they turn away,

I dedicated my life to someone who has now left me. I am left thinking I was wrong to love someone that much, yet I can't accept that. Should we not love?

No, for love is the essence of all things. You should always love freely and without question. You must love not expecting anything in return, for that is true love. In your case I would not say to you that you should not have loved. But I will say to you that you must look to see the reason, for that is your clue. You say that you do not understand, but I say to you that you do understand but it hurts you so much that you will not accept the reason. If the other person did not want your love anymore, then that is their choice. For in many relationships there is one side that is stronger than the other after some turning point, yet the person who feels less loved is afraid of upsetting the person who is the stronger inlove. But the consequence of the exercise is that the other person wishes to be elsewhere. That is not your fault or your problem, for it is their decision. You have to somehow learn and move on. It is hard, but you can do it. For you do not know how this has enriched you to move onto another path. The pain is there but the pain will not be with you forever, it will fade when you move on. Your love will always be there for this nerson, but you will move so that it is under control and not a burden. You will say, yes I loved and I lost but I loved all the same. I am richer for the experience. The pain of loosing has not disguised the joy of the loving. I have that with me. For the other person to reject my love is something I will try and bear. But I am not angry, only deeply upset. But I know my pain will go with time and

What are your comments on the marriage ceremony?
Is it necessary according to spirit?

help from my friends.

The ceremony is of no consequence spiritually, but the vows and committing of one person to another is important. Whether it is done quietly between two people

who are in front of someone clee, or on their own, it is the same. But what must not happen is for this fare to ake place just for the glory and the show. To commit yourself to another is the greatest of glifts. But to fully both control to another is the greatest of glift. But to fully both control to another is the other person, true unadulterated love that holds no strings or conditions, is the essence for this thing to happen, the condition of the control to the control that for the reasons I have exist.

## all things, as it is written in our earthly bible.

This is correct. Only love has the almighty power above all elect. Love is indestructible. Love is why I am bre and you are there taking my messages to pass on to others. Love is the universe and cannot be ignored. Many try, but true love survives all odds. If love is not true then it will not survive. Here we have love that in jour. All here have infinite love to everyoue. We all have love for you and we because you all distincts and do not believe. You do not believe because the survive of the property of the property

We have read that love is the one thing that can survive

Wrongs are experiences. I will talk to you more about this at another time

With regard to our spirit connections in various lives of our reincarnations, have we always previously known the people who are greatly loved by us in this life?

Not necessarily. Sometimes a great love is allowed only for one life for a purpose. Sometimes loves are perpetual through many lives in different forms of relationships. Love can be a mother for a child: a father for a son: a husband for a wife and so on. True love is rare to your world and it is said it is only through true spirits which have known each other before in other lives. It is said that the more times they live and experience their love the stronger it gets. This is true. These two people can meet just by chance in their existence on earth and they will know instantly that they will deeply love that person. This is spiritual love. It is not sexual attraction. True spiritual love lasts and lasts. It is spontaneous and unhindered. It is the very best love for a husband and wife. Sometimes though a love that is intense in the life you live now can be the first love. It can go on toother lives. It can be only this

life. Everything can depend on circumstances and the plan Through Christianity we are told that God loves you. Do

from the Holy Spirit

van agree with this statement? If we look at God as being a higher being and we can

agree that spirituality is love then this must be a fact. The higher the spirit the more powerful the love. God loves and spirit loves, there is no difference. I have told you that love is the ultimate and without love you cannot be spiritual in any way. Higher spirits are our protectors and yes they do love us all. We all love each other.

Nowadays sex is free expression. How does this compare to love?

Love is not sex. Love can result in a sexual act but a sexual act cannot manifest later as love. They are different. I am not saving that sex is not an act of love, more that love should be given without a price and hopefully be reciprocated. With the sexual act many, many times it is a one sided thing. One person wants sex for needs and the other may love also at that time. For love, this should be twofold with each person. Many times in your world now, sex is done freely and without any heed to the price paid to one of the two parties. Many times one person will be hurt emotionally by the misdeeds of the other person. It is one sided. I am not saving that both parties do not agree to the act, but it is often without love. This is wrong, Love should result in sex, not sex being done for any other reason. I will say to you that sexual love, and I state sexual love, is for the proclamation of children and is an extension of the love between the two people with this end. In every occasion to that end, we see spirit to be loved and sex because they have those values. It is hard to be explicit.

You teach us that we should love ourselves first andthen we will be in a position to move forward with confidence. Is this not a vain thing to do? I ask you only to look at yourselves and see that which is good. Most of you are too judgmental on yourselves and never see that you have beauty and power. If you were true to yourselves you would see this thing. I am asking you not to look at your body, which may not be to your liking. I am asking you to look at the printial you, the inner source of beauty and power. When you can be attuned with you own sprintially then you are ready to work with you own sprintially then you are ready to work with you own spriately then you are ready to work with you own spriately you have a support to the property of the property

#### Is love also found in bad experiences?

For these things you will need patience and understanding for they will not be good. I will say to you that for all shifts of the things but there are rising from the asbes the most obtained by the things but there are rising from the most pain from the most p

When, if ever, will the world be filled with love? If we are

# learning towards goodness, how come that the world is so aggressive and evil?

Firstly there are many people in your world and all of them are at a vinous stages of advancement. For the ones that have perfected this stage they have moved on. So the have perfected this stage they have moved on. So the world of yours is not filled with the perfectionists, only by the new and mid term students. If there was peace and hammony there would be no lessons. For the fact that many people are wrongly doing it proves that there are many people are wrongly doing it proves that there are many people are wrongly doing it proves that there are many souls who are new or have no understanding yet. They have many, many lessons to take and their road, although the world it may seem smooth and trouble few whilst they lashed around in dishatmony with others, it is in fact the reverse. You must wish to traval a notely road for with that there is a perfection for the hurdles that you have climbed and overcome.

# Is there any way I can communicate love with a person I love other than physically?

Many ways. Firstly if you feel love, so will she. If you feel love for heard never see her, she will feel it also feel love for heard never see her, she will feel it also feel love for heard never see her, she will feel it also feel love for heard never see her, she will feel it also feel feel may not admit she feel is that she will flow. If you see he will be to be as often as you can she will feel these. She cannot fail to receive them. At the meme you are statist, account fail to receive them. At the meme you are statist, account fail to receive them. At the meme you are statist, account fail to receive them. At the member she may be considered. Love is a powerful tool. Try this first. But read again my work to whow her Understand her. Love her.

with or without enjoyment, for the purpose of procreation. Why was sex made to be so enjoyable in humans that this has caused our planet to become over populated as a result?

We have talked before about sex and when or when not it is allowed by the laws of karma. For a loving relationship that has equal feelings from both partners, then sex or should I say loving act is allowed. Free sex is not. That is the question and the answer. Yes it is pleasurable. Sex is so and that is why everyone likes to do it. But you should read my words about how people can be hurt by another who is not feeling loving and they are. They are deceived and their spirituality is hurt. But to have sex within love is different. If all people had sex within love there would not be overnopulation. You are not animals that must now have sex to produce without love. Your spirituality is more mature than an animal and with that the consideration of the spirituality of all other people you are with, or should I say the person you are having sex with, should be considered. With love it is always considered, because that is love. If not, it is not love. So let us look at the animals. They produce young and they do not enjoy, you say. Some do and some don't. Some animals are spiritual such as elephants and they mate with more affection and consideration of their partner than say does a tiger.

Does our spirituality benefit from giving and receiving

The whole essence of spirituality is love. This is the key to all things. To give true love, that is love which comes

without terms or rules, is the most precious gift of all. The spirituality of the giver and receiver is enriched. Even if the person receiving the love does not feel that they want this thing, their spirit is still the richer.

#### What do you mean when you say, "Give only Love "?

If you do not understand the question then you have no nawer to your problem. I cannot teach you this thing. I say again send only love. Nothing else. It is that simple. Love is the seasone to all things. If you have not achieved love in all its simplicity then you have not achieved spirituality. Love must be given without rules or strings or spirituality. Love must be given without rules or strings or any rewards. It is the only thing you can give which is the greatest of all glist. If you cannot give love freely then it is not love. Love has no harriers. If there is any kind of hate, or ultimatum or self-times, then it is no love.

You have already explained about sending loving thoughts to another person and how it works, but perhaps you could explain why it takes so long to take effect?

In your case it does not take long to take effect. But with some people, who do not choose to listen, then the words fall on darf ears so to speak. It depends also on yourself and your love with which you send the thoughts. If it is true then the message is sincere and is therefore accepted as being so without doubt or misunderstanding. I mean accepted by the sub-conscisusness of the other person, not by their brain. which sieves through things to make them plausible by vour standards. If you send thoughts to the native that the plausible was not a standards. If you can of thoughts to the

person you love and she wants to receive these, even though her mind says that she does not, she will receive them. I have told you not to measure time. For time is not of the essence in this case. The end result is the basis of the exercise. I still say to you that you must send the thoughts, with love and with intensity but make sure this is all that you send.

Do you have to consciously project the thoughts to the receiver or does just thinking the right kind of thoughts about that person be enough?

No, you can live your life thinking them, but in the exercise we discussed you must project them during meditation or a relaxed process of thought transference. If you just think them you are not sending them, you are thinking them to vourself.

Would thinking negative thoughts about a person work the same way too?

Yes they would pick up the thoughts but this opens up another set of questions and answers. For to do this is to damage your own spirituality and is not acceptable by the laws of Karma, bearing in mind that the essence ofspirituality is love, then negativity in trying to demean any other nerson is not acceptable.

How do you see our world today? Is it strong inlove?

Ishamevan sees gray in your world, especially today. Your world is drab and miserable. It is not a good place because of its vibrations from many things. I am generalizing of

course. There are good pockets here and there. It is only that there is no harmony between the people and not enough love to make the vibrations become more apparent between the thing that you call electricity between humans and their fellow beings.

#### If love is the key, why do many people who give love get hurt so hadly?

It is not the love that hurts them; it is an insensitivity of the other party. You may be able to give your love freely and unconditionally to another person but that doesn't guarantee in any way that they will feel the same. Some love and want love in the same way in return and this can in itself present barriers because it is then with conditions. To say to a person in a relationship, I love you, usually hopes that the person will feel the same. Often that does not happen to the same degree and therefore one person is hurt. But I say to you that you should still love, all the time. If you do not love then you are not at neace with yourself. But do not expect. Just give it all the same. And for the person who is hurtful and inconsiderate, do you not think that they are to be pitied for their behaviour. Maybe they do not want a relationship or do not feel as strongly for you as you do for them, but to be unkind is another thing. With everything you do in life you should always put yourselves in the other person's perspective. Do not act to a person unless you have tried to see it from their point of view. If you suspect that they will be upset or hurt, then you must try and re-phrase the thing you are tying to say or do. Love them in their perspective.

#### Does it help us if we love animals more than people?

It depends on both. Maybe you see the animal as defenceless and lovable in all respects and that is what you yearn for from people. Animals of course are usually faithful to their owners and give you unconditional love. People should do so but they don't. But the mistake is not to use animals as an option not to face how you treat and respect people because they are also your lessons of understanding which way to act. Love animals but love people too.

# Is not a person's love the easiest thing for man to exploit?

Yes its. Maybe giving love does put you in a vulnerable position if you are not giving it freely and without consequence. Man will often try to exploit a weakness. Love if it is hesistant or with an exterior conting of flamboyance or trangest polying, will be in some ways fate to but for the property of the control of of the con

#### Should love ever have a price?

Quite definitely not. If a person tries to bargain to be with

you in order to have your love on a daily basis or for convend show. Hen you should be able to see this experie easily. If they have a price then decline for sooner or later the whole fabric of that love relationship will crumble and disintegrate with many tears and problems. The love of a child or an animal is unconditional. You take it as it is or you ignore it. Always adopt that principal. Give love aboves, but don't take if if it has a nice ton.

In the face of our enemies, does not giving love show a weakness in us?

Maybe yes, many times your enemy will try and test you

for what they think is a weakness. But more so your love will disarm them and they will be confused as to why you do not fight back or at the least say things to hurt them. Face your enemy with love not war and you will eventually see a much more rapid change in them than you would have done if you had raised your sword and struck him down.

How many times are we allowed to have strong love for a person of the opposite sex in one lifetime? Is there a limit?

No limit, but you must remember that if you are in a relationship, one man and one woman in love, then if it is are love it will be for life. If I say to you that you are permitted many relationships of strong love, then many will asy to themselves that they can have several wives or lovers at the same time. That is not ny point of view. Love between a man and a woman should be equal sided. If it is

then there is no question of any one clee whilst those two on favor one can be able to be two people are alike. After death then the people are alike in love, after death then in love, after death of the period and the people are alike the period and then the period and th

A small child will give unconditional love to those around it. What are your views about people who abuse children in any way?

Children are the infants of all things sprittual in your work. They are pure and new and clean in spritt. We work It have a represent per war declaren in spritt. We wishout consideration for themselves. The abuse of any activation for themselves. The abuse of any activation for themselves a price. With children it is the highest of prices, to love has a price. With children it is the highest of prices, to you cannot have a child irenteriously and expect to be forgiven sprittually. Your own Karma will definitely be forgiven sprittually. Your own Karma will definitely be forgiven sprittually. Your own Karma will definitely be the forgiven sprittually be activated to the proposed to the proposed

Does love for a person wear off after a time, or is it just more hidden?

I think it moves sometimes to different levels of intensity.

If it is true love then it is always there, but perhaps the persons have relaxed into a situation where they accept and give love in such a normal and unceremonious way, that it would appear to the outside person's perspective to have actually diminished in some way. Yet there are other cases of course that people grow out of love, usually because it was lacking in something from the beginning. Maybe one person loved more than the other or even one tot at all, although they tried to convince themselves they had done so. Even perhaps that one person was so selfopinionated, if that is the right word that they never totally gave themselves over to giving or receiving love. I have beent that some religious or splittual groups

meditate together to send love to persons suffering on the other side of the world. Is this effective because the people are not known to each other? They can certainly change the vibrations around them if they are all like-minded and of a similar spiritual level in their advancement. The problem will arise if there are any members of the group who are sceptics or have opinions which are in disharmony with the others. It will be like weakening the electro waves. Yet to send love en masse is certainly effective. It doesn't have to always he to people you know. What actually happens is more that the spirit world is asked very strongly to give love and spiritual protection to the harmed or sick people. Spirit then will react purely because of the strength of the request. However I have to say to you that one person could ask strongly and with passion. Spirit would hear all the same. But it is not necessarily the case that the victims are not without reasons for their suffering. I know you do not want me to say that their suffering is a lesson of some sort, but even so I will ask you to look at suffering of the body which is at the same time enriching the soul or sprintality of the human being If you look at sprint as being the most important and body next because it will eventually die and go back to the earth. then you may see things cleare. For a person to be persecuted and die young is for the sprint, not a death, to be pridied. Their suffering is an enrichment, and earlier to be proceed to the properties of the properties of the properties of the properties. They have a solvenace that is on a level way above anything that a person not in that situation can comprehend. To be amongst them is to personally view an extremely high level of low and sprintality.

#### Does love have different levels?

It shouldn't have, but it does in your world. Once again I say that if love is given without a price, then it is the same and does not diminish. However, there are many different situations for giving love. You may tend your garden with love, have a loving toway about you, tend the sick or love in a sexual relationship, All are different but have the same fundamental core. Levels 1 suppose you could call them. The same that the same fundamental core is supposed to the same fundamental core is supposed to the same fundamental core. Levels 1 suppose you could call them.

#### Is there a literal meaning to the term soul mate?

A soul mate is a spirit to whom you are attached. Not literally attached in so much as you are not leading separate lives and separate paths of learning, but that you are entwined in many lives and existences together. If you have a true soul mate you have been through many situations and many lessons together. You will not always recognize this soul mate in you rife on earth, because the

other soul may not be in an existence at the same time as yourself, such as Aleisha and myself. If you are aware of another every strong connection them in may be so. But yo you, to have a soul mate is not necessary on earth. If your soul mate guides you from this plane of existence, it does not mean that you cannot have a relationship during your life on earth that is full and brimming with love. You will. Your soul mate is spiritual that is the difference. You can still be in tune with your loved one and be of the same spiritual level of learning, but it will not be necessary for you to be true soul mates. You have only one true soul

# Is there any way of knowing your soul mate other than instinctively?

mate in your existences

It is rare that you will know your soul mate in your lifetime on earth. But yes, instinctively is the only way. You will not even call it that. You are half of one that is all. But do not take this literally for you are both independent of each other. You are not one. You are both one and nat of a larger sphere.

## Is my soul mate in existence in this world at this time?

Do you understand the term soul mate? I think maybe you do not so I will explain. Your soul mate is a spirit who has been with you in many lives. Maybe one on this level of spirituality and the other in a life on a world. You are not to confuse this with a love relationship in your world. It is entirely a different thing. We are on a spiritual level and nothing more. To connect to a spirit in this way is natural

even so it is often that two spirits will stay together many times over and over in lives. This is the true terminology of soul mate. Now I say to you that it can happen that both spirits are on your world at that time and you could say that the two can meet and become soul mates in your world, but this is very, very rare. On the other hand you could say print soul mate, very, very rare, on the other hand you can meet someone in your world, but this is very, very rare, or het other had you can meet someone in your world who is not your direct spirit soul mate. but let us say a secondary soul mate, atthough that term is for yourselves only. If this happens them the strength of the connection is strong, So in that supectly ex, that more secondary person is on your world, but your true soul has well still probably be here.

If two soul mates are together in a life, is one person reliant on the other or is one a key player in order to work out the other person's lesson in this life?

Firstly I will say again that it is extremely rare that two soul mates will be together in a life. You may have a very strong spiritual connection with another person but it is strong spiritual connection with another person but it is wrong to say they are a soul mate. Your paths are destined by your own plans for yournelf and into that picture you may have brought in another person who was chosen from the spiritual plans before your return to earth, but was not your soul mate. That person may have opied to be with your soul mate. That person may have opied to be with your soul mate. That person may have opied to be with your soul have the property of the property of the your soul connection because of his. But it doesn't have to be with a pattern of the opposite sex. It can be anyone. Mother to som: friends, woman to woman or man to man: it is all the same subritual connection. We can on this topic then go to homosexual relationships which usually should be nothing more than a strong tie to another person put there to give a lesson of sexual attraction. But you should listen to your own spirituality for it is always right. When in doubt do a syou feet. There should be no componise. If you are spiritually advanced you will act in a more knowledgeable way to the laws of karma, if you are not then you may miss the correct answer to the lesson completely. I know some of you will ask that sometimes you have listened to your heart and acted accordingly and fullings have not worked out the way you hoped. How then can this be right? I would say to you that the lesson was set and you were facilier for the experience. Always there are

tests. Sometimes the bait is dangled before you and you want to grab it and eat its delicious taste, you do not heed your inner voice which says look further than the fruit for it is disguised and will not be good for you. You may have looked with your eyes on that occasion and only thought that your spirituality was telling you it was right. So to sum up, I would say follow your heart. Do not let any other person drain you of your spirituality. If you are in tune with another person's spirituality and you feel comfortable with that aspect at all times, then you are with the right person with regard to a loving, sexual or personal level of environment. If you have any doubts or you feel that there is a take situation in any respect, then think again if this person is good for you.

### Chapter Eight

#### Lessons

"The mountains are there to be climbed; Don't just to look at them and see their beauty".

Is it necessary to return to earth to work through our lessons? Can 't we just observe from the spirit world?

Why do you have to come back to earth? Why is there such a pince as earth and end yes a tessorom for lessons and tests? From your eyes it seems futile and mundane and you wonder why you cannot remain in the spirit world and learn by observation. To learn by observation is not the same as learning by taking part in something where you have to give spontaneous responses and instant reactions. By observation you can preconceive your answers and they are not always quite the same. So let us look at the order to dearn, it shat all the earth would is for? Yet I am afraid it is. You as an entity must go through this process in order to even he hast all the earth would is for? Yet I am afraid it is. You as an entity must go through this process in order to even he saw he was explose thefore. It is the same as you watching your child learn to walk and you are continually picking it up andputting it beat on its feet as it.

keeps on falling. It is the same as Ishamevan does with you (Aleisha). He watches, frustrated, as you try so hard and still fall. He can only pick you up and make you try again. He cannot walk for you. You cannot learn to walk by watching someone learn to walk. The lessons you must learn are hard. We all had to progress through them. If you suffer hardship, you must think of yourself as a greater spirituality than your neighbour who has an easy and comfortable life with no hardships. You chose to experience pain and grief and humiliation to evolve more rapidly. It would have been an easy option not to have done as your neighbour with his easy life which is what he probably decided to do. You are stronger and more spiritual because you have the passion to evolve higher. spiritual occasios you have the passion to ever migner, But even though your earth is used as a big university, which has only a very small number of graduates who finish the course, it is a beautiful place for you to have pleasure from nature and its wonders as well. You must spend more time nearer the soil and amongst the trees and walking along the sand of your beaches. You are fortunate in your surroundings. Enjoy them and make them become part of your lesson too. They can compensate and they can give you the sensuality of love and inspire you with the gifts of art and words of passion. Your senses will come alive if you experience these things and to do so you must spend more time in natural surroundings.

## Why do some people choose great suffering?

Some human life experiences give more than a little progress and this would explain people who have great

suffering. If you follow the path of righteousness you will progress. Righteousness is only living a life on earth ling a life on earth ling a life on lear this good and full of love. Every one of you there knows in his good and full of love. Every one of you there knows in the heart what is right and what is considered not acceptable. There are no wrongs. Everything is an experience. But someactions are not acceptable and will not gain progress in this plane of spiritual evolvement. It is the basic rule of karma.

If I had requested to be born blind, what would be the purpose? It seems the only lesson would be that I would have been better to have been born with sight. Why should I endure a lifetime blind just to prove the point? So can you imagine how it would be to be blind? Could you even have an idea of so many long years and that you would have to endure the humiliations, the kindness from others, the self-pity that so many people would bestow upon you. Would you even begin to wonder at these prospects? But this blind person has no choice they have to observe so to speak and understand everything that is going on around them. No matter of explanation could prepare them for what is going to happen. It is the same with any illness or deformity of the body. The spirit is not deformed, only the body. The spirit may be pure and very mature and not at all unhappy about the pain of the body. There is a distinct difference. But you ask, what is the purpose to suffer so? What is the lesson? I can only say that the lesson is just a part of a greater lesson, it is a particle of that lesson. A part of the jigsaw that is essential to all other parts. You may have chosen say to experience being humble in that life, so your blindness makes you that to all other people who have to help you. It could be nothing more. Your lesson is not to be blind: it is to experience one of the enriching spiritual aspects such as humility, and courage, endearment, and kindness or whatever you need. You choose how to play out the lesson. If you choose for a really hard path through your life, experiencing the component in concentration of a difficult and intense lesson, you will be even richer in spirit. You cannot evolve higher unless you have reached perfection in all the aspects that are required on the next level of existence. I have told you there are seven levels within the next level of consciousness and at the end of theselevels there are certain requirements that you must have reached by experience and learning to move on. It is just that simple. But the choice is yours. You do not have to move on. But from your home, where I am now, when you return you see very clearly that the world of matter is grey and the beyond is shining clear and bright. From your world you cannot see. If you did there would be no lesson; you would all try to pass the tests. But the lesson is to learn anyway in oblivion and pure trust that you will succeed. Take an infant in play-school who is making a model out of plasticine. That is a lesson that is not apparent to the onlooker.

Does everyone experience everything? Do we all have a life with blindness or do we all have a life ending in a car crash etc?

Yes you have to experience all the different aspects of the rules of spiritual karma but not all in the same way. It is the aspect that is important, not how the stage is set to

enact the part.

I do not fully understand why there have to be so many components to make up this lesson. Surely as one or two are worked through then they must have learnt and do not need more?

But the lesson is not learnt and that is the key. For a test will be given, maybe with much anguish in its learning. When that test is done the reaction of the person in how he or she plays out the experience is essential to their persona. So if that person lives through the test and learns from it then that is acceptable. But, if that person breathes a sign of relief that the lesson is passed and then wants to do things that show that the lesson is not learnt, then more tests have to be given to show the lesson from a different angle in the hope that the meaning of the test is absorbed. It does not mean that if you take a test and get through it that you have really deep down learnt the lesson. Unfortunately it will come in many guises until eventually the lesson is learnt. You will now ask me if I am saying that there is still a problem with their path or that they do not heed the previous warnings. Yes they have had the test of wealth in many ways. Still it is not yet conquered. For the spirituality of themselves is the most important thing. Nothing else is of any consequence. Yet for all of you the money and need for excess is a problem. It is much more exhilarating to you all than the power of spirit. I will say to you that spirit will give you all you need. Beyond that you do not need, so to want to have it is not in our understanding and neither should be in your own.

Can we have lessons about dealing with money-a rough ride that will not end for a reason?

Yes, the wanting to provide with money is a big thing. No person should be dependent on another for any thing other than that which is essential at any time. For I say to you, that no person should be dependent on another in the position of having power of possession of another person by saying that they feel they will not survive without their support, not should any person put themselves in the position of saying that they cannot support themselves and need to be anyting that they cannot support themselves and need to be control for whatever reason. So I say to you that each person is not their own path and should look at it like as a single person, not as an appendage or a support person of another.

I have trouble dealing with the plight of tiny children who are starving or ill in poor countries or those who are mistreated. What is their lesson?

I will say to you that their souls are rich. Much richer than ampone clee who rice to help them. Do not be afind of what they are. They are the chosen few. The more you suffer the richer you are in the kingdom of the all mighty God. The Great Spini touches those children who suffer. It is a test for the persecutors also. They must learn. Everyonemust learn and it seems hard. Most have chosen that most. It is essential that they learn and those who was the seems and the seems hard. The seems that they have chosen that they have a seem that they have a seem to be seen and those who work than they did before. Every person you meet is on a push, but that must be. They choose the direction. They

choose the lessons before they return to your world. So it is necessary for them to make choices on your earth or how would they then not learn the lesson if everything is pre-ordained?

Do you learn from your misfortunes or do you learn and gain the approval of your actions by the way you deal with them?

If you fail to deal with the problem in the more appropriate way then the test is lost. It is not the wrong way but I say to you that your life on earth is to pursue certain tests and problems. If you did not have the tests then you would have a blissful life and learn nothing. If you deal with the tests of the lessons in a way that does not do you justice then the lesson is lost. So you see the lesson is given and vour reaction is the answer. If I ask you a verbal question and you ignore what I am saving or refuse to answer, then I am not pleased. If you deal with lessons we give you with the wrong attitudes then the Great Spirit or your guides are not pleased. It is not wrong to deal with things without due consideration and emotion but it is neither a good answer to the lesson either. You must take the lesson again in another time another life perhaps, another place. Face your lessons head on and dismiss them and put them behind you as soon as you have dealt with them. Do not look back and analyze whether you did the wrong or right thing. There is no wrong or right. But there is a good or bad reaction. Do not act as people would expect of you. Follow your own karma. Do as you would like others to do to you. You have achieved a very calm attitude now to most of your misfortunes. You say that you get so much that you are used to them. I say to you that some of you are now dealing with each and then movingforward and putting them behind them. Do you not people marvel at their attitude. Yet some people observe and say that they would be crying and in great distress if it was them? I say to you that is because some people have a different altitude to grief. You do not get angry. That is the key. Whatever happens to you, do not get angry and all will be well. I know that you would be the well in the well is the properties of the proper

calminess. They blame others and get angry for their misfortunes. They must remain calm and take the bulk of everything on themselves to rectify, not pass the blame. I will talk further of this later.

How many lessons are there that it takes many lives to work through them?

You seem to think that you are on this plane much, much longer than you are on earth during this level of learning. This is not so, 'Orar oul would like to be, but you must return to earth many times to be taught the lessons that are essential for you. You wonder if you only have to experience the lessons once for each thing, if you are successful the first time. I say to you that this is not so. If you have a certain lesson to experience in one way there are always other perceptions of the same situation, as you

know from your meetings with other people on your earth. The way that several people perceive one situation is always different from the next person who is involved. So you see it can be that you have to experience the same lesson again but you will learn a slightly different aspect. As the spirit or soul progresses with its stages of learning or development, then its visits to your earthly plane will get less. If the entity is more content to remain here without further development, it will remain static and not have more visits to your world in the form of reincarnations so that it can complete its course of learning quicker. That is why some entities choose to have great suffering or a very poor quality of life on your earth. This explains suffering in one way but it also explains the explains suffering in one way out it also explains our reason why suffering is not bad. Do not feel sorry too deeply for people that suffer when there is no explanation for their continued or seemingly unnecessary suffering. The spiritual evolvement of the soul has to pass through many schools of learning and experience in order to make it supremely holy above all other thoughts, words or deed. It is said in your bible, "Suffer the persecuted for they will enter the kingdom of heaven". It is changed slightly but the meaning is the same.

#### Do we learn by the problems of others?

Do not take on the problems of the world. They are not yours. Learn by observation of all things. Teach yourself to learn more and more each day. But each person on your earth is on a lesson and it is their lesson and they deal with things as they see fit to do so. It is not your lesson.

although you may have something to learn. Do I contradict myself? It is not so. But if you remain aloof from all things and be an observer, then you are acting with control of your own karma. Until you can achieve that you will not become highly evolved in this plane of existence. So you see that evil is a result of vibrations of people who choose to act that way. It is not a bad force of evil that comes from another existence. Bad or wrong doings of other people build up their own vibrations which affect, by direct or indirect cause, those who come into their spheres. But you can choose to not let it affect you or you can walk away. You have the choice. If you choose to try and help those who are wrongly being evil then it is also your choice. Protect yourself from these forces at all times by being spiritual of mind and essence and then you are in control. Remember that good always prevails over bad. Love prevails over hate. It is the law. It is as it must be. Never will love become a penance to hatred. Hatred is not of our laws. Hatred is power. Power is wrong. You cannot have love and power. It is impossible. Power in all things is bad. Power makes hatred eventually. It is impossible to have power and execute power over others without hurting as well. Physically or mentally power makes masters and slaves and this is not acceptable. So many people in your world play power games with the souls of others being badly affected. They feel insignificant against the power makers. They are not: it is the persecutors who are the insignificant ones in our eyes. So do not worry about evil.

In the cases of abuse, which person has the lesson; the victim or the persecutor?

I will say to you that if any person on your earth is abused or treated badly by another it is the fault of the persecutor and not the persecuted. If one does any harm whatsoever and not the persecuted. If one cots any name whatsoever to another, whether physically or mentally, then the persecutor is in the wrong and it is his problem to tackle and be answerable for. Perhaps the abused person has chosen that role in that life in order to be the subject for the persecutor to deal with his wrongs. Perhaps the abused person has been put in a position to see how they would deal with the situation. You will see from cases that you observe in your world that the abused people deal with the situation in many different ways. Some deal with it completely and do not hold a grievance to the persecutor in any great degree. Some people let it affect them totally

in any great degree. Some people let it aftect them totally and to the fullest degree, shutting out all other things and letting this issue take over every aspect of their lives. As with most things it is not as simple as to say that this is right or wrong for either side, although I will say to you that always, always, always, it is wrong for one man to do ham to another man. Love is the key to all things. Abuse and hatred is never done with love. The persecutor may try and make amends by saving that it was because he loved the person and was suffering from say a mental block out, or that it was done with abnormal sexual urges, but I say to you that it is never done with anything other than the persecutor having a lapse of spiritual being. You cannot be spiritual and do these things. It is against the laws of karma. So you may say that it must be wrong. In your eyes it is wrong. In our eyes, so to speak, it is neither right nor wrong for the actions. That is the decision of the spirit

entity. But it is wrong for the spirit entity if it wishes to proceed in printially because it goes against the laws of spirituality. Sometimes the persecuted are richer for the experience. They do not realize that this is the case, but they are. Their learning is rapid and their spirituality greatly enhanced by this experience. Nowever horid it is to be worked through. The spirits who deal with the abuse well are rich indeed. From your own represences did you not see the great love that was given to the abused person and how much better sich has become now that this has now and know much better sich has become now that this has now and known is not such that the process of the spirit in this respect although she will not come out and shint them?

Some people are not aware that they have lessons. How then can they learn? It is not that some of them do not necessarily see the

lessons but more that it does not suit them to see the lessons. As long as the meanings of the lessons are understood, it is not necessary for them to follow the rules if they do not choose to.

For some things that happen to us, it is difficult to see the reason.

There is a reason for all things and you must not use your instincts to try and read into things too soon. Sit back and let them happen in the way that people want them to happen and then observe the way that people behave as lhave taught you many times before. You will learn more about people and their behavior natterns by observation

much more than you will by analyzing what you think they are doing and meaning.

I always seem to have ongoing problems to dealwith.

So you see, although there are many problems in your life they are not problems. They are lessons of observation and lessons which you must make clear to others who do not understand what you understand. From observation and participation you learn not only quicker but with more intensity because you have fell the pain; the joy, the who must learn to walk before you can run and tell everyone with clarity what you have learn!

Sometimes things are so bad it is difficult to see a way

Terrible as things may seem, that is not always the case. You must try and view every situation as if you are an observer doing so in an impersonal way from a distance. That way you will mapple see chings in their right general properties of the control of the

guides, but you must be aware to protect yourselves from the wrong doings of others, some of whom do not have control of their minds for various reasons. Maybe from misuse of drugs or solvents.

I would like to ask if our troubles in life are brought about by us exercising our own free will.

well of course they are in the main if we exclude those things which you chose to experience before you made your return to your world. Those things will usually be seen by you as troublets because they are lessons and nobody likes to have lessons, especially if they are hard, Apart from these lessons you will have various things which happen to you daily. Some of these things will be happening because you chose them to happen either consciously or sub-consciously. In other words you had them happen as a cause of something you did or caused to happen. The effect can result in something good or it can happen as something bod or something you do not take. This is cause and effect. So my answer to this question is of if the was lesson you choose to experience and yes if it is

by cause and effect of your own actions.

Please tell us about flighting in wars. Is this ever allowed by spirit and could they be part of our lessons?

My, this is quite a question. So we will look at it as always in a structured way from the spirit perspective. I have told you that love conquers all and that is the essence of all things spiritual. Man should not kill man for any reason whatsoever. I have told you this too. So what do you do if you are being threatened with your life? Do you kill first? If you are faced with a killer who is going to kill you, yes you do, but it is still wrong. However we have the question of two armies of many thousands of men fighting each other. Rarely does one man come face to face with another who is out to directly kill him. Most of the fighting is indirect. Group against group. Bombs against groups of people when they are not expecting it. But where do we draw the line? From your perspective, you must each

judge your situation accordingly and do what you consider to be right at the time. But I knowyou will say that if you fight in an army then how can you do this thing? Most of the time it is difficult. Then we come to the question of the time it is difficult. Then we come to the question of whether you should be in that army. But if you are told by your governing body of the land to do so, what must you do? Let us go beach to the spiritual laws. Man should not rise up against man and nation should not rise up against nation. Killing is wrong. Anger is wrong. But also persecution is wrong, which contradicts the fact that war is wrong. What do you do if another is persecuting your country? What I will say to you may seem strange and foreign to your way of thinking! I will say to you that you

to take life. You are wrong to get angry at any person or any country: it is their problem that they have anger and aggression against you. Do not take on their problem. The aggression against you. Do not take on their proorem. The wrong doing of another man is not your wrong doing. He will answer to his lessons in time: do not add his problems to your list of problems. Let him deal with them. If he

must not fight; you must let the persecutor take over if that is the only way. The persecutor is wrong. You are wrong

deals with them incorrectly and persecutes you, then it must be. But if you are one to one in a fight and the other person faces you with the intent to kill you, then and only then can you fight back.

You said you would start today with the horrors of life on earth and the bad things which we must watch and also experience, that are not necessarily our lessons.

They are the lessons of other people which you have got caught up in to observe. I have told you many times that you must observe all things at all times, especially the recuisor of observe all things at all times, especially the recuisor of observe all things at all times, especially the recuisor of observe and the recuisor of observe the recuisor of observed the recuision of one observed the recuision of observed the recuision of one observed the recuision of observe

# Are all lessons derivative from cause and effect?

Let us take today and let us take yesterday. There may be similarities, but they are different yet just the same. Each day is what you want to make it. What you put into the day you reap back one hundred fold. So you see it is cause and effect eagain. I know you will say, how can there be cause and effect every day of my life, but of course there is. If

you do not put into the day that which it needed, then you may today not reag the effect, but you will somewhere even if it is only within your own understanding. You see each day is a playground for your lessons and each day you learn or fail to learn. Even in the smallest of things you can learn. There does not have to be trumpets blowing and bugles sounding for you to know that you have learn a least of things are so simple that they are almost a least one. Some things are so simple that they are almost a least of the property of the

#### What lessons can we get from other people?

Why not let your wise teacher tell you some more about people watching and you will see many things that are important to your development. Let us take a poor man who has been stripped of all his wealth and lives by the means of being given by well-wishers all that he needs. Needs, not desires. When you are stripped back to needs and not wants then you will develop. You need food and it will be provided. In many ways it will come. But if you desire gluttonous food then it will not. Only your needs are provided for. If you need warmth of clothing, then you will find this. Not always as you expect but it will come. I know you will ask me why do people die of cold if this is the case. Or die from starvation. As with all things, that person, orrather the spirit of that person may have chosen to experience this thing. Can someone experience wealth and have chosen to experience this thing. Of course, All things can be chosen. Sometimes you could learn more about life and spirituality by being wealthy than you can by being poor. There is a great lack of spirituality that accompanies a great deal of money. Observe these people and you will see that many are lonely, neglected by not having close friends, bored, unloved and many more things. These are all lessons and the temptation of misusing wealth and power is one of the greatest tests of all and very few people pass.

# Do you have advice to us to help us tackle our lessons?

Think only that along the road it is hard. As a mountain climber strives to get to the top, he endures much tiredness, cuts and bruises but still he carries on. He knows when he gets to the top the view and the exhilaration will be marvellous. That is why he keeps going upwards. He has no doubts that this will not be true. Keep climbing upwards for you are doing well and I talk to you from the summit always egging you on to take another step and not fall because you are tired or ill or upset by the words and actions of others. Look to the top of the mountain and you will see Ishamevan waiting with arms outstretched to catch vou on your last steps to a heavenly paradise, which is far beyond your wildest dreams. Have time to dream. Look, listen and be more that you are. For you have lost the spiritual awareness which is essential to your growth. You are strong

#### I wish that the lessons didn't all come together?

There is a time and the time is now. You wait for the time but it will not come. It will not come because the world of spirituality is within you at any time to ripen like a fruit in the sun. If you wait until tomorrow you might wait

forever, for tomorrow may never come. You must not wait for I sayto you that if you live for the knowledge that today brings you will only be richer for more knowledge and you will not be waiting to start in your path of understanding. You must not wait. If you do right to people today you will not have to put right your wrongs tomorrow. That is all.

How do I know if I am reacting correctly to my tests?

The calculus of all this is relevant although you cannot see it. To strive for a thing is not necessarily good and the correct approach. You should believe and flow with it. It is not necessary to always be seeing that it is you that has to work out the whys and wherefores to make it happen. It will anyway. For you, it is relevant that you become part of the whole, but I ask you not to do this. Be a part of the small insignificant intention of vourself and you will become suddenly all consumed and part of a much bigger happening. I will say to you that we are testing you hard and strong. You are having so many tests that we must see that all your instincts of reactions are at one with themselves and not contrary to you own beliefs and growth. If you show anger, then this will set you back. If you show disappointment then this is not good either. You must believe that all these things may be happening but will not in fact stop the whole from becoming part of the end result. If you move forward you do not plan and say to yourself. I must take this step and the next step and so do you. You move by instinct to get from A to B. Yet with the test of spirit you do not do this. You do not say to me. I believe this will happen, so it will. You see every small obstacle in the way as nothing more than something to stop you getting there. Not something to be stepped over, but a block, a total block. I am not saying to you that these things are easy to locitare, but I will say that they are not terrible either. They have to be there. If you did not have these things, then you would have something which would seem easy to achieve and not of such a special value as you rife will become, It is not necessary for it to happen to your seem to be the second to the

It seems that the majority of us living have to struggle from one problem or bad experience to another, with only occasional good times. Do these endless tests mean

we will never become totally happy?
Yes I will say to you that the earth is a classroom for learning. But in a life you experience many things, depending on your spiritual advancement and your vision and observation. If you are not spiritually advanced, then many, many things may pass you by, for you to say that the lives are to experience only the bad and intolerable things is to any that you are seeing only one aspect of your things is to any that you are seeing only one aspect of your things is to any that you are seeing only one tappet of your things is to any those the seeing that it is not the control of the properties that it is and then to move on. Let us say that all wes spirits chose the control of the properties of the properties that it is and then to move on. Let us say that all wes spirits choses.

many experiences and some of them will be bad. If you look at life from the eves of a spiritually aware person you will see many more things than if you are not enlightened in your own karma. So to say that life is full of woe is not true. Life is, as you want to perceive it and how you want the problems in life to influence you. If you do not want the experiences to damage your shell of spirituality, then it will not. You will be the richer for the experience. If you say that practically all people are having hardships, yes this may be true. But you forget the people who are richer for them and smile and are happy with themselves and their loved ones even so. There is not all doom and gloom. In countries where people are starving, there is still infinite love for families and they are aware of each other and their feelings to a much deeper degree than in a city where people live rich and meaningless existences without probably loving at all. Love is the key. To give undivided love, to always feel the other person's pain, not just imagine it, is that which is perhaps the ultimate of all lessons. For love is the key.

#### Does each test only have one correct answer?

Most things have only one explanation and that is the one that is correct. Yet you look for several explanations so that you can compare them. Do not do this thing. Also you must remember that sometimes you are caught up in incidents that are lessons meant for another person. Yet you get upest and think they are for you. Maybe they are in a secondary fashion only because you are good to be part of lessons for other people. Look at it this way and you

will not take things so personally.

How do simple folk on our earth fare in their curves of learning and spirituality against rich folk who have more pientiful lives?

There is no difference in the garb of the spirit in its earthly

body. No difference how rich or how poor the spirit is living. The only thing that matters is the spirit of the body. Not the body. Not the wealth. Not the esteem or fame of the person. The only thing that matters is the spirit. I have told you that people who are persecuted and ill treated have much richer learning from the persecutors than is imagined in your world and many choose this route to live on earth so that they return to this plane much experienced in humiliation and humbleness. It is good to be poor. You cannot give your all to spirituality and a life with spirit if you have wealth and many possessions, which take your time or importance. If you have very little you need very little and spirit can work better with your inner self if this happens. Rich and self opinionated people are often too busy worrying about themselves and their wealth to really live through the lessons of dealing with others and situations with a spiritual outlook.

Can I ask you firstly why as soon as we get rid of one problem, another problem will surface to give us more grief?

It is not quite that each problem is separate. It is more that there is a group of various things that have to be worked through. Some are positive and some are negative. But it is the whole which must be extinguished before the fire is out. For the whole there must be a breaking down into segments so that it can be tackled one at a time. Do you understand?

If, as it appears, most of our lessons and tests are when we are in the form of a body on an earthly plane. what does the spirit learn whilst on a spiritual plane? Or is it just resting between lives?

There is the analysis of the life it has left and the planning of lessons for the next life to come. These aspects are inevitable. Also many, many other lessons of learning from our wise spirits and teachers on this plane. There are the observations of all men on earths everywhere. These teach us too. For the facets of a spiritual existence, whether here or on your earth, there are many. Your life on earth is a path from birth to death. For a spiritual existence it is a drifting of spirit, here, there and everywhere, all at the same time. It is hard to explain for your comprehension and comparison to life as you know it.

Do we ever achieve all that is to be learned for one lifetime or do we just run out of physical time?

You are given enough time to complete the lesson. You do not always want to complete the lesson when you look at it from the earthly perspective. You sometimes ignore what is staring you in the face. You don't want to address it.

With regard to great atrocities and several thousand people loosing their lives at one time, you have told us that some of those people just came along for the ride and did not learn lessons from the incident. Please explain further your views on this.

They were instrumental in the lessons of others, although on no necessarily connected directly to the person who died. If they had not been there then a person would not have learner or seen the Isson or example, So the spirit of this bystander had agreed to come back to earth, sometimes for a very short time, as very short time, just to have a lesson or given to another, they did not progress themselves spiritually because of that had if it is on earth. Many children who die young do just this and it is the friends and relatives of the dead baby who learn.

If the lesson of i.e. Patience is learned well in a previous life, does it carry forward to the next? Or then if one is impatient is it then taken home? As with all lessons you are given to learn in your lives on earth, if you do not truly understand the lesson, then you are given it again in your next or subsequent lives on earth. Patience is easy to understand, not like some of the other things which you are given. So if you are shown how to use patience and you do not apply it in the necessary way. you will be shown it again and again from a different perspective. You may have it shown one way in this life and then a totally different way in the next life. Even if you master the question in this life you may have to master it a different way in the next. For some things are multifaceted in their lessons. For examples you cannot say you learn Math in one lesson, you have to learn how to apply the mathematics in many ways for different calculus, do you not? You ask about taking patience home with you. I have to say to you that you do not take anything home in the way that you are thinking. You analyze your life on

earth when you come home and you see from the spiritual plane only, what you have achieved and what you have failed to learn. That is all. You are spirit; you are free of earth and all things associated with it. Yet you are a progression so all things you learn make you richer in spirit. Your soul is more mature because you have passed a lesson, so to speak.

Why would we want to choose painful experiences? To learn they are painful? There is no lesson surely because we already know that pain hurts.

I have told you why you with to experience unpleasant himps, it is to learn. You learn how to expe with it. Why does a buby learn to walk when it keeps falling over and hurring itself? Why does at it just sit for the rest of its life? If it doesn't take the step then it can't get hurr. But it must, for to walk it so see many more wonderful things. You have to learn in order to move on. You know that physical pain of the body or the mind hurrs, but we are talking only of the spiritual development, you will shed your body after only a blink of an eye. Your spirit goes on and on in time that is endless. You life on can't would have a set of the control of the property of the control of the

Why is it that some of us suffer more than say a rich healthy person who has no worries? Is it because they have already learnt all their lessons?

No not exactly. It may be that they decided to return to earth and not have lessons this time. They do not wish to

move on. They have decided to rest for a few lives without having to experience and learn. They can do this many times but the end result is that they do not move on. Your world of matter is givey and dismal compared with the alternative to which you strive by learning your lessons. What you have in your world so of inthe consequence and you will see when you return that the alternative is expertens.

You do not want to return to your world, it is a period in your evolvement that you wish to get behind you. But your before the good But there are some spirits, like yousself who chooses a difficult life in concentrated does of

problems because they in themselves give you more points in one life to move one. The happy rich man maybe gains nothing. His spirit was probably more in infancy and not so evolved. Unless he was rich and spiritual which is

another scenario to consider

# Chapter Nine

# Meditation & Praying

"To become one with spirit you must first become one with yourselves through meditation"

# Please give me some advice on how to meditate.

This is a question that you are often asked, is it not? I would say to you that you must put yourself in a location and restful situation where you can be at peace. It does not have to be in a building. In fact if you are amongst nature you will pick up strong vibrations from these things that it will make the meditation easier. You must try and be at peace with yourself. So sit in a forest or beside a lake or in your own home, but preferably away from bad vibrations, such as violence of others or disharmony which is perhaps a better word. For you must in meditation, distance vourself from all other things-good or bad. You must be. Yourself and you only at peace. So let us say that you are in a peaceful environment now you must shut out all your troubles. This is not easy but once you have persevered then you will do it in a natural way. For you to do this thing is easy. I will not say to you that it is difficult. You must close your eyes and your mind of all things. Try and focus on nothing. For all things that come into your mind then immediately dismiss them. Say I do not want you here-go away. And they will. Then try and think of a thing that is pleasant if you are having trouble getting your thoughts clear of all the trials and tribulations of life. Imagine sitting by a stream and float above that stream so that you look down on it. It is peace. If you find a field of peace, or swimming or whatever focus on that. Just drift with the tide. If any thing, or colour or face comes to you, look at it as if you are half-asleep and too lazy to take much notice. Then you will meditate well. You must be, that is all. For you to put yourself in this meditative level of consciousness is to be at one with spirituality. But remember there are many, many people who say they can meditate and come back with lots of tales of what they have seen, when in fact their brain has seen them and that is all. They are not in tune with meditation, only fantasy.

Please explain the pure white light I have seen in meditation?

Pure white light is pure spirit. From your perspective it is unlikely that you have seen this in its entirety and you have only seen a proportion of it. For have done so, you would be surrounded by the light. It would have transformed you into the light also as what happens when transformed you into the light also as what happens when the proposed in the light when the light is a light of the fragmentation of the light. You have seen it also if For to see a circle of a you will be given to happen. What I said was that no living person on your carth will be able to remember having experience this carth will be able to remember having experience this from this plane of existence, because you do not remember when you return to earth. Or that it is impossible for this to happen in your lifetime on earth. It is of course possible to see a part of this white light.

I feel very confused and miserable most of the time. Is there some advice and guidance you are able to give me to help focus my mind?

Fear not for there is a truth that you must learn. If you look beyond yourself with trust and patience you will be at peace too. I say to you that you are like a stranger who has traveled far from home and is lost in a forest of darkness. not being able to see out of the trees to the sunlight, which is always beyond the gloom. Be aware of all that is around you and look beyond your own walls of pride and misguided wisdom for the peace that is waiting to engulf vou. You are at a time when understanding is asking to be let into your heart. Forget the past for it has gone and cannot influence today. Look at today as the start of a new path forward. Look forward towards a light that is beckoning you. Learn about your own spirituality, because it is within you, loving you, whatever your body contradicts your pride in yourself. You are your spirit, not your body. Learn to be aware of your spirituality first, which nobody can harm, and your mind and body second, which are of course open to all the elements of abuse and scorn. I say to you, rise above the scorn and walk from this day forward with your head held high in self esteem at

Why do you tell us that some people pray the wrongway?

your own inner spiritual strength.

I will say to you that many churches teach you to pray the wrong way. We are not a golden shrine her a will be glorification of angels and majestic lords. We are love. How can you not talk to someone who loves you in a what hat is naturally lovable? It is important that you remember three things. Lowe, spiritual sawrances and lack of fear in all things. When you have truly perfected these, you will be ready to enter the kingdom of the Great Spirit.

Is it good to meditate on something you want to enrich?

I would like you to meditate more on the subjects of controversy that interest you and see what results you get. There are many things which you could test yourself in and it would be interesting to yourself to see how you are progressing with your own development. Try and expand your psychic powers of thought and premonitions and see if you can excand this eff to work for you.

When I meditate I see colours but nothing else. What is the reason for this?

This is part of your learning and is not to be ignored as being of no consequence. Sometimes the learning of some people, especially if it is of a special nature, will lake a different direction. Many people do not see coher when different things and as you are seeing purple it is symbolic of sprimality, as is the white light that you see also. One day you will see only a bright white light and ten you will know that you have a direct line with the Holy Spirit. It will last a lot loner and be more intense than you have seen ever before and this will be the turning point in your development. The pure white light is the ultimate. From the white light you will see faces and then furthermore many more visions that you would never believed possible.

#### How can I see myself when I meditate?

Please be with yourself so that you can see, and please stand from yourself so that you can observe. Meditate from a vantage point and look at your body. See everything that you are and hear everything that is vibrating from your aura. Watch as spirit encircles you and caresses you to a point of ecstasy so that you are no longer tied to body, you are pure spirit too. Only by doing this thing can you leave your body and become less encumbered by its inhibitions. You will see then that you are spirit with a body and can move and observe the body and its mind from another perspective whilst still being the spirit that is using that body for its journey. The body cannot detach itself and observe its spirituality in the same way even though the mind and intelligence is a strong thing. The spirit is more powerful than any other part of life that is the body. Life is spirit and spirit powers the body to live. If spirit is not there then there is no life. Spirit is powered by the Holy Spirit and the Holy Spirit is powered by the Great White Spirit. But power by a spiritual force, not as you know power from an earth force.

# Is it good to follow a ritual when you meditate?

There are some things that you should be made aware of

when you meditate and meet things, but yet not necessarily do in a ritual. All things are natural that are spiritual that is all. If you are thingry you drak. [If you are thingry you can. Lach of you is different. There have been laws made in your society as to the teachings of how to become a spiritual being. The teachings are not necessarily the same shave been given to you by Ishamucuan. Firstly you are your spirit entity. You are pairt entity connects with other spirit entities. Spirit-to-spirit, not boyl-to-body or mind-to-mind. When you connect with your spirit entity to the spirit world you can do so by two means. Either you are so far advanced spiritually that this is done naturally, or you do so by the spirit in your body being given a spift of so they despirit in your body being given a spift of

spirit world you can do so by two means. Either you are so far advanced spiritually that this is done naturally. or you do so by the spirit in your body being given a gift of connection from the Holy Spirit. In either of these two connection from the Holy Spirit. In either of these two ways it is easy for those particular people. Yet there are other people on your world who would like to become more spiritually aware and hope that they can become mediums or advanced in spirituality just by learning. This is possible if they are learning the right things. The right way to become spiritual if you are not very advanced spiritually is to learn. But the first rule to learn to become spiritual is to become aware of yourself. Learn how you are and what is your spirit entity. Be at peace with yourself. This is much more important than any rituals. Having said this there must be a pattern for teaching these people who are not aware of things on their own. And the rules for sitting in a certain way, or thinking certain things or any other things that come into this description is the same. The class must have rules or the teachers will not be heard. People like the members of your group and other

such developed people in your world, need not pay so much attention at the classes because they are aware of the answers the teachers are given, so if they fidget and look out of the window the lesson is still imprinting in their minds. Does this answer clearly enough.

# Sometimes I feel overwhelmed by tears or feel great joy when I meditate. Why is this?

To feel deep emotion in times of meditation for no other reason than is apparent is to be touched by spirit. When you meditate you put yourself in a position where you are ready to accept spirit. The development of this aspect takes sometimes a long time to take place and perfect. To be in a meditation state and where spirit wishes to be with you, it will sometimes take over the feelings of that person in a way that makes them feel emotion such are pure joy or crying. The crying is not sadness it is joy at the revelation of spirit of which they are aware they feel but are not aware yet to see. When you meditate as a group, as I have told you before, there are very strong vibrations of spiritual consciousness and this builds up a rhythm so to speak to which spirit is able to connect and visit at this time. Usually spirits are with you in numbers. Your own guides, visitors for the day and many others who are there for various reasons of observation. Whilst you will not necessarily feel the presence of all of these, you will be touched with those who have direct contact and arc responsible for your own evolvement and progress in the path of spirituality.

When I, Aleisha, connect to you Ishamcvan, with what

## do I actually connect

We connect spirit to spirit. You open up your spirituality as a channel and I then talk to you through this channel. We could say without words, more thoughts to thoughts. I do not actually speak words do I? The words come into your head. In fact what is happening is that I, as a spirit, talk to your spirituality and then you interpret this into thoughts in your mind. In reality what this means is that I talk to you and you take dictation of my exact words. The purpose being that I am sent to teach you and others on your earth about the world of spirituality. I am nothing more than a teacher. I am not a fortune teller and neither am I able to summon up other spirits to talk to you also. In order for this to work we have to be as one. You believe in the fact that I can connect to you and I show that this is possible. Spirit to spirit; spirit to thought; thought to mind; mind to brain: brain to computer writing.

Are there any rocks or gems that will give out vibrations that will be positive to me?

These are only tools. Some of which will help. They should not be relied upon. For to take a tool is not a bad thing. They help you to be more positive. They help you to learn. To have a crystal is perhaps good for you at this time. Buy one which attracts you and you are drawn to. For in a tray of many crystals there is one which will choose you and make itself known to you. Believe that you will see things in the crystal. Believe in yourself not in the stone. That will be a secondary help the stone that will be a secondary help the stone. That will be a secondary help the stone that will be a secondary help the stone. The will be a secondary help the stone that will b

# Is it possible to go to classes here to learn how to be a medium?

You can learn how to meditate and certain forms of enriching yourself to a more relaxed state to let the spirituality develop, but no you must have the gift of progression of spiritual understanding to a certain level. Without that you cannot be a true medium as I have just explained. You will only be a person who wants to be one and convinces themselves that is what they are doing.

#### If you know about an exercise of chanting "hu" can you tell me it is of some good?

The advantage of chanting is to clear your mind of all other things and focus on a central point to put you into a semi meditation mode. Hu or anything else there is no difference. Many people have different words, it all amounts to the same.

When I meditate I have noticeable eye movement. Is

this spirit?

It is not spiritual as such. It is spirit within yourself that is giving you these signs. It is more again to do with your development. Your yes are closed because you do not want to see further and you are blocking their seeing whilst you are in a meditation state. This is subconscious and it is involuntary. You will not see because you close your cyes. Whilst at the same time spirit is there watting your cyes. Whilst at the same time spirit is there watting your your write. When you are ready, then you will see, and feel and hear to exceime is it now.

When praying to help someone else, do you have to be specific? Is it enough just to ask for help for a person or do you have to ask for them to be helped with their specific problems?

Either way is ok. If you know the specific problem and it is only this for which you think they need help, then this is what you ask. Alternatively, if a person is sad or upset and you do not know why, then you sak for thir help to be given. Any help to overcome their situation, which is not extually known to you. In either case, if help is required from spirit it will be given. If it is meetly a lack of their understanding of spirituality, which is causing their problem, then help may come to them from that direction, then help may come to them from that direction, understanding on the situation of the situati

Can you please give me a prayer which I can use to close the meeting of our group?

close the meeting of our group?

Creat White Sprint please give to us the power to understand the world of sprintuality. Make us all your vexesle to do your work, and heed not the words of others which do not come from sprint. Enlighten the powers of sprint whine unserts to convey only the truth which has come to us and not the projection of our own minds in what is required by mun if it does not fall into the words of sprintuality. May we go in peace and go with sprint until eternity.

Can I, by positive thinking and asking spirit for help,

actually help make things happen? If so why do these things sometimes happen?

There must be a mixture of the acceptance of things from spirit and wanting for the person it is directed at. Even if the person does not talk or display the wanting it maybe there all the same. If it is not then the wanting from your part, will not happen, for they are in control of their own destiny.

When I had difficulty meditating another person told me my intellect was working and I must try and switch off I know you say, "Just be", let it happen. But I find it incredibly difficult. Help please.

It is true to say switch off and it is true to say, be nothing, but not so easy to do so. In your case it would be better to say to you to do the following. You must close your eyes and relax as much as you can. Do not try. Just concentrate on relaxing. Then try to remember a place you have been to that you found peaceful and relaxing. Remember only; forget you are trying to meditate. Maybe you want to remember a garden, or a wood, or a stream, but always make sure you remember when you were on your own in this place. This is very important. Now I will say to you you will be in this place, because you are in your memory of this place. Now you are there, look around at what you remember. Look at the trees, the sky, the flowers, as you remember. Float through the scene and be at peace because that is what it makes you be. Now you will do this many times. You will not try to meditate yet, you will try to be peaceful, that is all. When you are used to doing this, ask me again and I will teach you the next stage.

When sending thoughts to someone, sometimes they seem to 'go through' more easily, or at least they're easier to send. Is that me or the receiver that causes this, or is it simply my imagination?

It all depends on your frame of mind. If you believe they are going through, then they will move effortlessly. The receiver is irrelevant to your feeling of them being sent.

We attended a group meditation session where loud and heavy classical music was played. Many people said they found it enriching, yet I found it noisy and prefer softer music. Are all types of music good for meditation? Well it is not plain and simple, that's for sure. I would ask you both what you thought of the session and we will therefore see what you have learnt. Meditation can be done in many, many ways. It can be involuntary or it can be contrived. In this case it was the latter. Music does raise the vibrations and those of the other people in the room were exceptionally good. The purpose was to send the thoughts to others all around the world, and this is good. So for the basic principals of the group session I will have to say that there is no harm and that the ideas are excellent. However, if you do not like the music aspect and want to sit in silence on your own, then so be it. The end result can he the same

In my first group meditation session I felt my body was being moved. Was I actually moving?

In lots of times during meditation you move around. From life to life, from location to location and often around the room you are in. You felt this shift, and that is what was happening to you at the time. You meditate, this relaxes the body, and then into this meditatine, you feel you are moving to another life, to another scene, to watch yourself. That is meditation progression and many people manifest it in different ways. Some not at all. So your left hand moves. You notice it and the meditation is therefore concentrated in that respect. In fact you should ignore that which is happening, it time, you will. Now it is stranged, but the property of the property

I have been told that all negative thoughts and contions come from the astral body of the aura. Meditation is sometimes therefore pulled from the astral rather than the spiritual level. The astral level being supposedly where all these negative thoughts are held. Is this correct?

No they are one of the same. The negative or positive

this carrect?

No they are one of the same. The negative or positive thoughts are within you and your spirituality. They are powerful and can power you onwards or make you fall. You have both in your control. Why would they be separate from each other?

How can we contribute to world peace as individuals doing meditation?

You must work one person at a time. Be at peace with

your neighbour who should be at peace with his and so on. You must meditate and reach others who are also meditating with the same motive. You must send out love to the world during this meditation. For love conquers bad, Love will always conquer over all else if it is given freely and unconditionally. Pure love is pure thought is pure deed is catching and not easily destroyed.

## Besides meditation, what is another effective way of being spiritual?

Meditation connects you to your inner self and opens you to spiritual awareness and gives you the ears to listen and the cyes to see. If you don't meditate you take everything in your world as being different from that which appears if you do meditate. So it is essential for your own spirituality and for your observation of other. From your own awareness you will become different to other people. You will be come of the tender to the come of the control of the contro

When I send loving thoughts, do I need to state that they are from me? Could it be misconstrued that they are from someone else?

Not at all. We are back to instinctively know something spiritually as we have discussed many times. I am back to the blind man in a room. In enters another person. The blind man will sense who they are. Whether they are kind

or a threat to them. No words need to be spoken. The blind man knows if he had met them before. When you send thoughts to another that are strong with love, the other person instinctively knows that they are from you. They know. That is all.

Do I send the thoughts to a person's conscious or subconscious?

Neither, you just send them to the person. Do not worry that they go to one or the other. That is irrelevant.

How can I ask for help during meditation or prayer?

There is a basic rule that must be applied and that is nothing. You must be and not try to be. For if you flow. then things will happen. Do not continually worry about what might happen. Look at the setting sun and the night as the end of today and then wake tomorrow knowing that a new day brings new things that you have not planned nor expected but have come all the same. If you wish to change your thinking and learn by this, ask for help, and then talk to your guide in this way. There is a friend and confidant next to you that you can converse to and no one else will overhear your conversation or the answer. You talk to your guide without words. The words form in your mind and your guide will understand. This is different from your expecting your guide to understand when you have not actually formed a question and asked it. So ask the question as a definite question with your mind. If you desire something to happen and you believe that it will happen and I stress that you will believe that it will happen, truly, then it will. If you ask for anything whatsoever that is materialistic, then it will not happen. If you ask for fame or glory or self-gratification, then it will not happen. If you ask for things in your spiritual advancement, such as understanding and help, then if you believe. If you truly believe, then it will happen. So I say to you, ask your guide but build up a friendship with him as you would with a close friend. In such a way that cach of you can feel instinctively what the other is thinking.

In this way you are building up a relationship of trust and from this all things are possible.

If we pray or ask for help in certain situations, will it be given if it is not chosen from spirit?

There is a big difference in asking for help from the effect of doings of other people and help with your own problems. Yes help for the first instance will be given but only if asked for specifically. If you do not ask you will not receive in this instance. I will say to you that many things will happen to you and spirit will not automatically put them right. If you ask help will be given. That is all.

Could you advise what to do if someone is suffering badly about some thing but you feel nervous to talk to them about spirituality because you think they would disapprove? Should you make a point or should you just request spiritual comfort for them through meditation? This is difficult and I know it has already been a problem

which several of you have known. Well, each situation of

course must be taken differently. In some cases the person may need to be told certain aspects of spirituality in order to make them better with the situation. In other cases you need only be there and not explain. Have you not had a person say to you that your calmicss has overcome lots of situations in their cyes and they do not know how you do it? Think on that one. This is the essence. You need not justify your spirituality because you understand certain one perception. If the person wants to know then they can ask. Also if you foll of high intellect that the person wants to know then you can suggest certain theories in a gentle way, slowly at first to feel your way. So, you see whereas wise shamevan is not telling you to go and tell everyone about spirituality, whether they want to know or not, he is telling you that you can do so if you feel that the other persons is ready. It mustle for you to just be for the other persons is ready. It mustle for you to just be for the other persons is ready. It mustle for you to just the you can do so if you feel that the other persons is ready. It mustle for you to just the your can do so if you feel that the other persons is ready. It mustle for you to just the your can do so if you feel that the other persons is ready. It mustle for you to just the your can do so if you feel that the other persons is ready. It mustle for you to just the your person is ready. It mustle for you to just the your person is ready. It mustle for you to just the your person is ready. It must for you to just the your person is ready. It must for you to just the your person is ready. It must for you to just the your person is ready. It must for you to just the your person is ready. It must for you to just the your person is ready. It must for you to just the your person is ready. It must for you to just the your person is ready. It must for you to just the your person is ready. It must for your just the your person is ready. It must be your person is ready it must person it ready it must pers

I don't seem able to see or connect to spirit during meditation or any time.

The purpose of the lessons tonight from Ishamevan is merely that your group can relate more to the happenings from our world to you fries on a diply basis. I know you yourself feel that you cannot see or connect with spirit but you will be the see that you will be the see that you have been seen to you you will be the your you have you will be you to be sky and intagine that we are there looking down on you and sitting on clouds in a heavenly state. This is a nice perception but not quite true. We are everywhere, all around you and from a distance working too! Ishow that this is hard for you to imagine.

There is no there on earth and here in the spirit world with a space less divide in-between. The spirit world is as close as the end of your hand. It is as far away as the moon. It depends on many things. If you imagine for example that spirit is mist or smoke in that if you watch it, it gets longer or broader and continually changes shape before your eyes. Have you not seen films of clouds racing across the sky that have had the speed of the projection altered so that you can see the changing shapes? Spirit is like that although of course you cannot see spirit. So you see there is a mass of spirit. A mass of power and energy that is together as one. From this one, which can be anywhere, there is individuality as each spirit entity becomes not so much an individual which would be the wrong connotation, but a spirit on its own even though it is part of the whole. We must talk much on this aspect of spirituality because I know that if you discuss this with your group there will be many questions. Even the different levels of spirituality are interconnected and not visible levels even if you could see them. There are no apparent divisions although the levels of consciousness as they are called are very different from each other. With each level there are seven levels and I could say to you that when you personally return home you will be in the 6th level in one level. So you see when you reach the next level, if you advance from the next level of consciousness. you will soon be moving again to another grouping. I have

gone to the 7th level of this consciousness in order to teach you but it is only from the 6th level that most spirits from

your world return.

Should I protect myself with spirit before I meditate?

You must be careful for your safety and you must protect yourself with a white light which you must give yourself each morning for the day. I want you to be aware of all things at all times and not be for one moment off your guard. Ishamevan is always with you so listen to your instinct and do not take risks at any time. Lock your spiritual doors and take care. Do not be afraid harm will not come to you.

Do you think that if I have a focus on anything during meditation with determination I can achieve that goal? Or is it to be determined by outside factors such as having pre arranged my life?

No I have told you the things that you choose before your return to your world. You did not choose your path only you let necessary the creation to you would. You did not choose your path only you real tack the result of these one way or another and these will in fact put you on another path. Your future tests may then hit you from another direction. Dut the lessons will be the same in their intensity or their inner meaning. So I will say to you se, you can focus on something you want and with will and determination you can in fact make it hapsen.

Is it correct that positive thinking brings about great energy, which will actually make things happen? In theory yes, but of course it is not quite as simple as that. But I will say to you that if you are singularly focussed in what you want then it will certainly happen against all odds. If you doubt vourself it will be more difficult. What about the theory of putting all my desires into a bubble, setting it free, look at it from above and then see it actually happen before I recede back to my life. Can this effect be the positive thinking to which you refer? Yes. By doing this you are bringing out into the open and making a statement of what you want to achieve. By being

Yes. By doing this you are oringing out into the open and making a statement of what you want to achieve. By being precise about each element you are in fact telling yourself what blocks your need to put into place to make this thing happen. You are in meditation making your plan. Yes this is good

You have told me that I must never ask for money or make it of any importance. But in my case now, if I do not ask for money I cannot see that I can set up a spiritual centre to do the work you say I am destined to do. For this instance is it alright to ask for money?

to sold the state of the state

you trust that I will help you, then how can it be any other way? The idea is good and the outcome is then under my control. Or would appear to be so.

Can I change my future by meditation or the power of thought?

You ask of me as to your future at this time and I will asy that if you have a purpose, a goal, then you can achieve: I will not asy you will achieve it, for that is up to you, but I merely add that it is a schevable. The things that you can achieve are the same as those you want to achieve. All you meed is the belief and they are in fact achievable. If there is no determination and belief, the thing will not happen. Radier if may happen by chance, but invanably it will not. Addier if may happen by chance, but invanably it will not Fort the things that you see as impossible and without hope of achieving. I will say that it not the confidencies. I will say that it not the confidencies.

When I began meditating several years ago, I had many different experiences during the session. But my meditations are different now. What has changed?

You are flowing with it better. You discard those things, which float in, and out that you now consider either you conceive, or you know as not being of any importance. So you see some of the things that you saw and experienced before were merely learning curyes; that is all

## Can I trust spirit to help me if I ask?

For the hope of life is only to be had with prayer and trust in all things. Fear not for that which you have in your mind for it is the mind that is conjuring up this thing and not the power of spirit. For if you trust in the work and power of spirit, then you will have that which will flow with your trust and not that which has to leap over the brick wall you have built before yourself. To give the trust to myself in itself opens the door for the trust of that which vou want to flow through to you. The trust or the love of spirit is the key to all things. To trust is to love, is it not? To love is to trust. To love spirit is to trust that spirit knows best in all things. Spirit has the vision and the understanding of your planned path and the paths from this that you are faced with that require your decisions. For you to make a decision without the connection with spirit is in itself a foolish move. To trust is to love and to love is the ultimate aspect of spirituality. I say to you that if you do not love me you do not trust me. That is all.

### Please explain how to ask for help?

The power of the mind is especially vulnerable at this time. For the power of the mind is a shughly in its excellence. You can perform the most wonderful of mindes lify so believe that you can do that thing. For I say to you that if you believe then so it shall be. You to sak for holp and believe that you will get help, in intelf making the thing happen? Do you understand? So if you manifest a downs to be a reality you are nearly there in achieving it. If you have a luke-warm and repid dream instead of one that it all-powerful, then it will not happens. So I say you that for the believers there is always the salvation and satisfaction of a devicement. For with achievement they

will have the cleaning of their very souls. The spirit will understand the minech and will be a langue with itself. For the time being that is. You will be aware of your developments of in many things that are large but in things that are small and insignificant. I believe that if you have confidence in yourself in that this is happening to you. then you will grow and grow to that you have belief in yourself in last grow compassion grows in yourself in last grow compassion grows in yourself in larger things. For you stop and take time in all things without game or you stop and take time in all things without game or you contempt of others.

What good is there to ourselves, to desire anything in life? My thoughts today are about beginnings and endings and all the stages in-between. I will say to you that for those

My thoughts today are about beginnings and endings and all the stages in-between will be arready to see the end the stage in-between will be attentioned as every large. The transverse me the end is not some control of the end of the stage in-between will be attentioned as every large. The transverse is the stage in the transverse to syou that for more amongst you who are not addressing to the laws of your own karma, you are pertending not to hear when the words are plain. For those of you who are trying hard to change your ways for the better, you are richer already for having merely the thoughts to change. The will to change pour aways for the better, you are tricher already for having merely the thoughts to change a study making that thing appear. For every journey there leads to another, as you know.

How do miracles happen?

You must try and see things in your imagination as if you are in the world of spirit. You will then have the sight to see all things at the same time. God as you are fold can be seen all things at the same time. God as you are fold can be grant the answers to their prayers if necessary and right to so. Spirit can see all and he are all. For minacles to happen to many people at the same time in any world with respect to help from spirit, this can happen. So from spirit there is no barrier in the perception and clarity of sight hoshing can except. You cannot imagine doing more than the same try to the

a couple of things at the same time. Spirit has the ability to do anything with clarity in however number of places. When praying, are there any rules we should work with? Do not think that there are very strict rules that you must abide to with regard to prayer. This is not the case. You must speak to the Great Spirit as you would speak to a father. You show respect but you speak from the heart. Always say in prayer what is in your heart. Ask from theheart for what you need. Only for what you need. If you ask for the impossible or for that which is greed or not necessary for your spiritual evolvement, then your request will not be answered. As I said before, sometimes your guides will grant requests or deal with your troubles and you know that this is the case. If you believe that you will get help then this will be granted if it is good for you. If that for which you ask is not right, it will not be answered. Sometimes people pray for a person who is dying, for that person not to die. I say to you that it is our work that that person will not remain on your earth, so the prayer will not be answered. Sometimes people pray for a better life. Your life is as you planned it, you cannot change directions whilst on the road unless you choose to do so. You cannot bemoan your life and blame the Great Spirit for your unfortunate problems.

I have heard that if you desire something very much and imagine that you have that thing, then you will achieve it. Is that correct?

I have told you before that positive thoughts conquer

negative thoughts. If you are focused in achieving something and truby believe that it is possible or you can envisage yourself with this thing, then it will happen. If you say to yourself that this thing is so far fetched that it is impossible to see yourself having it then you will fail. All negative thoughts sorround and encompast the good are strong but you should not let any negative thoughts enter the equation or they will all off the good. Everything is achievable if you truly believe help will be given.

Do we have to be free of desires in order to find these high spirits, or be in tune with them?

Desire is a lesson, which you must learn, in its varying degrees. You must be without desire for some things yet aware of desire of the lessons of the life in which you must learn them. Soyes you must desire the aspects of your specific lessons, but no you must not have desire for things which are not relevant to these lessons, which are the

ultimate of understanding. If this is the case then how can we achieve all that we

think positively can happen? It is important that you remember that you should not spend your lives just intent of desiring and obtaining things. In doing so you will be so concentrated on that thing that your life may become worthless. You will not

help others, or go through your lessons in the same way. What I have told you is merely that if you desire something then you must focus on that thing with a positive knowing that this is achievable, even if it does not

appear to be possible. What I say is incorrect is for you to continually want things with no other purpose to your

lives

# Chapter Ten

### Death & Dving

"Do not be afraid of death, it is merely a journey home. Mourn the people who are left, not the person who has died."

Dying is such a lonely and frightening thing. I know I will not want to leave this world.

If you were to imagine how life would be here you would not fear the transgersion which you call ideath which I know that you do. You have no comprehension of the extent of the peace and beauty here because it is not as you know beauty to be. You have no peace in your world to compare with what is here. You may have peace for a little while but always you have to come back to the reality of living. Here we do not have that problem. But we do view your world and for those of its who have soulds we loved from our previous existence. In your world still living.

I am very afraid of death.

Do not fear death for it is inevitable. Do not fear death, it

is a journey home. Home is always good to return to even if the journey is bad. The fact of dying can be bad. Coming home is not. Just make sure that your life, as you know it now, has been beneficial to extending the realm of your learning and experience.

Will we be able to see our loved ones after we have left this world?

I say to you that you will, but not in the way that you

expect. The myth that people you knew will meet you and help you over the transition is not quite as you imagine it to be. In theory it is correct, but the souls here do not manifest themselves always as you expect. We are one, not individuals. Spirits here will show themselves to people who have passed over, but more as ethereal, as you would say, than in definite bodies that you have on earth. Yes they do help in the transition, but your guides do not leave you at death, they stay with you and it is them that are always with you from the point of death to the settling in, if that is the term, of your entry back to our world here. So you see the guide who is your main guide helps you plan your visit back to this earth world and then stays with you during your life and helps you back here at the point of death. It is not quite true that a person you knew from earth is waiting to greet you, but it is difficult to tell you exactly how the process works because it is different for each person who dies, as is their life on earth. Yes you will encircle with souls you knew on earth but you will not necessarily feel it is important as it was to you whilst you were living. We are all one here. Love is infinite. We do not have the individual love that you experience in your lives now. We are all precious to each other, although that is too earthly a comprehension to put to our world here. is too earthly a comprehension to put to our worm nece. Many souls who were people on your earth come and visit you and stay for a while. When you reach this plane of existence, the next plane of existence, it is quick like the blink of an eye. You will be one of us, not an individual any more. You are not a being with a body. Forget your

body, it has gone. You have no need of a body here. You will know others you knew on earth by extremes so to speak and instinct. Instinct is the best way to describe it. It is like a blind person in your world who knows immediately who is next to them without them having seen them, with an instinct 100% more acute. So you see seen them, with an instinct 100% more acute. So you see you could maybe visualize how that person looked when you knew them in your earthly life but that is all that it is. The other spirit entity could do the same. In the same fashion, if you wish to remember other aspects of your carthly life you will do so not in hought, although you do not have thoughts of a brain as you do now. It is very simple but to you all it is very difficult to understand. Do

what bonds the spirits together in your terms. You have no what obtains the spins together in your crims. You have in dientity but you are still making your own progression trying to go higher to the next plane of existence after this, the next plane of existence. Think always what I tell you in simple terms. Forget your preconceived ideas. They will

you not wonder at how we are all one? I tell you this often but some of you do not understand the concept and this is important for you to think more along what Ishamevan says about this. The oneness and the ever-present love is only give you worries about dying and passing over to this side that are silly and without reason.

## When does the soul or spirit leave the body?

It is not that there is any just time now for the soul to enter or leave the body. That is the choice of the entity itself. Did you not see with your mother the tugging of both worlds so to speak? Her spirit repeatedly leaving the body and then returning very quickly. Did you not eventually see, with our help, when the decision was made to leave? The same thing applies with the entering into a baby. The soul leaves the body at some stage during the dying process, usually at the end but never, unless helped by your doctors, does the body live on after the soul has left. Great Spirit decides when the time is right, but the entity must make the choice to leave. Even in sudden deaths the entity must choose to leave the body. This is not easy because that entity has to learn that the body must be left behind. This is temporarily difficult to achieve for some newer souls who have not got used to the experience of the transition between the two worlds.

# What is a near death experience? Does the spirit go home and come back into the body?

The question about the so-called near death experiences is quite amusing from the perception of spirits on this plane. When the spirit leaves the body it does so as I have previously explained. The body is nearing its death. The body does not have to be old. Sometimes it is just the end of the spirituality of the soul. So that when the spirit dies

or decides to leave the body then the body will in effect have reason to die. Or when it is chosen that the life on earth will come to an end, then the spirit will leave the body and return home. So you see the spirit leaves the body at any time it decides to leave, as we have talked about before. Sometimes the spirit will start to leave and return. Backwards and forth. So the fact that a near death experience happens is because the spirit leaving the body is not sure if it wants to do so, or that our world says that the time is not right. It progresses a certain way and then does not make the transition and returns to that body and its life on earth. It goes further from the body in this instance. Spirits when they are ready to leave the body in normal circumstances will know how the transgression progress works and will pass over to this side without any due problems. From the spirit world they will remember all. From your world they remember nothing. When they leave the body they are spirit. So those spirits that leave the body and pass over instantly and then reverse, so to speak, see the transgression and when they return to the body they remember. This, they say, is having sighted the afterlife. It is very simple.

If a person is to pass over with a sudden death, do spirits know beforehand compared to an expected death from a person who is terminally ill from a long illness?

It makes no difference if a person is dying over a period of say several of your years and the death is expected. or whether the death is instant with no prior expectation. The death is a death. It is planned. We know when it will happen. Everything is destined to happen. It is not some error on your earth or someone's fault that this happens. It is meant to be. So you see, because it is destined spirit knows that it will happen. As all spirits that have passed over previously are one and not individuals, all will know that this will happen. To ask whether previously departed loved ones will try and reach the person to die or their close loved ones on earth prior to the death, my answer is sometimes yes. Not always. But sometimes yes. Spirit or spirits may surround the person to die or the loved ones in the hope of so soltning them. Usually the spirit can see its

body from a distance, sometimes hovering above the body and the people around it who are trying to keep the body alive. Sometimes the spirit moves further and can see the anve. Sometimes use spin more further and can see the transgressing space between your world and the spiritual plane. There are many recorded descriptions about this space; some are accurate, some are fiction. The description of the bright white light is definitely always the case. This or the origin white light is definitely always the case. This is the Holy Spirit in its infinite perfection. Think that the Holy Spirit is part of spirit or rather spirit is part of the Holy Spirit, whichever-it is the same. Then think of the spirit leaving the body becoming part of this union. This is always the case. It can be no other way. Spirit is always one on this level. Never anything else, Good or bad spirits all are joined. I know you ask how can spirits at different levels of advancement be one. How can they be in harmony when they are at different stages? This is simple. They are at one stage within spirit but at different stages within each spirit. I can tell you are still puzzled. Well. I have told you about the spiritual levels or planes of existence and how several are grouped together so to speak and you advance within each grouping before you progress to the next grouping at the lower level of that grouping. Well it is the same within the spiritual union on your next plane of existence. All are at different levels which are clearly defined. They are not just a mismatch. All are together but they are separate. It is so difficult to explain to your comprehension. Think on it and we will talk some

Could I ask, when people pass over are they met by spirits in a quise they can recognize?

I say to you that this is not exactly the case. I have told you before how spirit has no body and a aboly of your late existence can only be seen if an entity chooses to do this. Loved ones may initially momentarily part on a guise so that they can be recognized but a person's spirit will recognize other spirits anyway by ministic, so to spack. It is not necessary to do anything clie. A, child or a close loved on may be there to wait for a person of course. Will you recognize them if they do not show themselves in the guise of a hody? Of course. There is no materia.

#### Are you saying that death is preferable to life?

Death is final to the body but not to the spirit or the soul. Death is everlasting to the soul. Life in a body is brief in any terms and that is all. A spirit returns to earth to be in a body to learn. to experience and to be tested. Sometimes the tests are hard and continuous and then it is not always necessary for the body to live to an old age. When the

lessons and the tests have been experienced the spirit must return. It is not necessary for the spirit to remain in a body until the body becomes old and withered. What would be the purpose? The spirit only has to experience what it or the

Holy Spirit had chosen. The spirit may have chosen to only be in a body for a short while and usually it is when the tests are intense and continuous that the tests are experienced quickly and without salvation. A spirit may choose to return in the body of say a deformed person in order to experience that frustration and humiliation from other people or it may choose a hard or difficult life. These aspects are always chosen. You cannot say poor someone or another and think that the Holy Spirit has given them a terrible life. The spirit chooses the life, that is all. For a body to die in any way it is the same. The spirit is released from the body and returns home. The spirit always-and I repeat always-wants to return home as soon as possible. It is less acceptable for the spirit to be in your world as opposed to being in our world. It is a mission to your world that is essential but is not preferred to being on this plane of existence. It is the people left on your earth that mourn the loss, not the spirit. There are so many people on your world that do not understand spirituality or the facts of everlasting life or even why they are in your world in a body. Vast numbers do not understand that they are spirit with a body; they just think they are body who will die and that is the end of it. Or there are the religious people who think that whatever they do or whoever they harm in the name of religion and a belief in a god, they will go on to a heaven. Not quite right, as you know.

I have read that you have an area in the spirit world where souls from really sick bodies, can rest and be healed. A hospital or nursing home for the spirit. Is this true?

Well, what can I say? There are none that is all. You as a spirit can see whatever you want here. Some may see a hospital or a house or a flower. That is the beauty of spirit. That is the spirit world. If a spirit wanted to see the Eiffel Tower in Paris it could do so instantaneously. If it wants to see a hospital with its last body laying in a bed it can do so.

But these aspects are not part of the normal process of coming home. Also you can be met by spirits that you coming home. Also you can be met by spirits that you knew and loved in your wordt, if you had a very close loving relationship, but you may not be met by them for some time-it all depends on many things. Your guide is the most important things you. Your guide is chosen by you and is swith you all the time. A person you loved in your last life will not then you have you loved in your read to the your you loved in your world could become closely continued with you spirit in this wordt past in this wordt past print in this wordt is sometimes go on in resistences on your earth over and over again, but this is in read and to the expected as normal.

When the spirit leaves the body does it watch its burial from the spiritual world?

I would say to you that in most cases it does. Sometimes the experiences on your earth have been so terrible that the

spirit does not choose to do so, but most times they like to the have this as the final link with your world before the pixreadjust to this plane. People who ill treated the spirit whilet it was with a body can be hypocritical and make they miss the person that their spirit inhabited, but there again it comes back to the way I have told you to people watch and observe. Many people have very clever ways in which to deceive others and themselves.

Please explain why some children have to die so young?

It's always that their time is short on your earth because their evolvement of karma is progressing so that they are ready to go on to another plane of existence. I say to you that this is usually the case, especially when they have had particularly difficult, painful or humiliating lives on earth. They learn the last few lessons hard, intensely and briefly and then move on. But in some cases when they have not had a difficult life but die voung, it could be that this was planned for various reasons. Maybe they chose for a short life in certain circumstances to learn one particular hard aspect of life such as honour or love or humiliation. Then they return to this plane and work as I do to learn or work in another respect to advance their karma. There are no exact rules for the length of time that a spirit will be in a body. But I will say to you that when the spirit has learnt its lessons as chosen for that life, then it will return home sometimes. It does not have to wait to an old age to die. All is chosen beforehand as I have told you previously.

I would like to know more about the passing of the spirit of people who have led really bad lives, continually hurting or harming other people by their actions and thoughtlessness. Is there is a day of judgment for the spirit? You know that you suspect there is not, but you puzzle

that this spirit has to account for all his bad actions. Does he merely get away with things and float around up here as before? You have funny connotations of our world. Well, I cannot say to you that this spirit is chastised for all the wrong doings that it made whilst in its body and I cannot say to you that these actions go unnoticed by the Holy Spirit. All I can say to you is that all actions you made in your life on carth, whether bad or good by your comprehension, have to be discussed so to speak when the spirit returns home. The lessons must be analyzed and the actions justified in that are they considered worthy of advancement or not. The whole aim of any spirit entity is to progress to other levels of consciousness and so all the actions it made whilst it was in a body and a state of forgetting the world of spirit are of importance when the spirit returns home. The spirit wants its life on earth to have been a worthy one so that it can progress. Very few advanced spirits do not want this. With new spirits, those spirits which are not advanced or mature in their spirit

development, this is not always the case.

Sometimes for several incarnations these newer spirits do not see the importance of rising higher and evolving more. These spirits are not yet aware of the whole spectrum of Kamran. It is usually these less mature spirits who are learning the lessons that make more mistakes with the control of their lives on earth and make the most of the

horrible crors and had deeds. The more mature the spirit, when the spiritual they is usually the more had beginned they live and radiate spiritual they within a body sow. The spirit itself is stronger and the person or body is sware of the spiritual lines, because it is self-as those you see, all spiritual have to account for their is not a terrible the is not a terrible to see a you perceive. It is not at terrible to the size of their account for their acco

We are puzzled about children who only come into our world for a very brief time. We have read that sometimes the spirit will enter a baby's body but then change its mind and go back to your plane of existence and the hade will die I will say to you that this is not correct. The spirit decides and is told that it will return to your world. A path is chosen, lessons are given and then a suitable body and the parents are chosen. All considerations are carefully given to all aspects of the return. It is known before a spirit enters the embryo how long it will be on earth. The spirit will have chosen this. The path and the body of the baby are planned to marry up with the spirit's choice of direction. If the body of the baby dies after a few hours or days then it is preordained that this will happen. Sometimes the death is planned as an instrument to teach a lesson to one or some of the people involved with the birth and the spirit in the baby has agreed, so to speak, to do this thing and be reincarnated for only a brief time. Sometimes the spirit of the baby has to learn only a small aspect or level of understanding and returns solely for this. But you ask how can a tiny baby who dies after only a few days or weeks or months learn anything from life? You think that the spirit of that baby is not aware of its surroundings and uses its instincts to see how people love or hate or frustrate the baby. All the actions of its bonded parents for example are imprinted on that baby whether it is a day old or a year old. The very act of being reborn is an experience. To have illness or injury from birth is a lesson, so is starving or being born with a drug disease given by a parent without consideration to the tiny life. Babies in poor countries learn more and quicker than probably other places and whilst you mourn the little lives, the spirits in these bodies learn quickly and fast and do not have an casy lesson to experience. So a spirit waiting to reincarnate for a very short time will probably choose a baby that is going to be starved, or neglected or abused as a good quick channel. The lessons are many and the lessons are hard. The spirit

Recontly a father hilled his severely disabled daughter because he said he refused to see he sayfier any mare. Would this be one of the exceptional circumstances you mention? Was he correct? Your question is not clear. Do you wish to know if he was wrong to take a life under the circumstances that she was severely disabled and in a great deal of pain, or is the question whether he should be punished by your laws for doing what appears to many people to be a human eact of kindness? Well, you know as 1 have taught you many, many times, it is wrong to take the life of any human being or animal under most circumstances. In this case taking the

is enriched with knowledge and understanding and is stronger and more mature because of these things. life was wrong. I know that the person had much pain himself in seeing the child suffer and I am sure that there are very few exceptions that a person would not consider taking a life under those circumstances. I will say to you again that taking the life was wrong. What is also wrong were the dectors prolonging the life of the child beyond daving the belief that the child was going to die anyway. It was of no use prolonging the life. Dut in fact that is what they did. From the perspective of the doctor, the medical when the person of the doctor, the medical whatever the outcome because they think it is their duty of the child had chosen to be born that way and suffer for a short time, it is no more the right of the doctor to prolong a life that is ordiand to die than it is to take a life that is ordianced to last longer. It is the same law, So you see the doctor was wrong in It is

decision and the father was also wrong in his decision. But the interesting fact here is that the child and the father and probably anyone else involved in the case had the effect to deal with because of the cause of the problem from the doctor. So it is cause and effect. The father with his wrong-doing will not be judged as severely as if it was not an effect of a cause. Now you ask by the laws of the land should the father be put into prison or should he be let off? Well I will say to you that the father is on a path too and probably chose to have this experience and the effects of this giving death experience also. He chose to go this route and experience all consequences. His daughter also planned the journey her life took. The law of your land says that if man takes the life of another then he must pay. This man must pay, but because of the extensating incrementances he may not pay severely. You must understand that the spirit world is not interested in the punishments for crimeis in your world. It does not matter to the spiritual evolvement whether the body is punished or not. But what can come from the punishment experience are more lessons which may have been chosens. So to sum things up the doors should not have prolonged the life. The things up the doors should not have prolonged the life, the two actions can be made to be a test in themselves to many other peoral, so the actions man when you want to the proposed to the store of the prolonged to the proposed to the store of the prolonged to the prolonged

What words of comfort should we say to a person who is nearing death?

Believe and all will be before you with the essence of enlargement and enticement. You must walk towards the light with head hed high and arms outstretched. It is the light with you must follow, not the darkness. It is the truth, the simple truth and not the long sentences that must be the light that you must follow, not the darkness. It is the truth, the simple truth and not the long sentences that must be in the light that you must follow, not not the light that is nothing there. Do not shade your head and ask obvious questions, there is no answer that you do not know. See the birds and see the crows and the ravens and fear them not. Watch the small child and wonders at the Holy Spirit that this child has pureness of spirit that is yet untouched by human frailited and weaknesses. Whatch the beggars and think not that they are idle and amices, wanting something for nothing. Think only that they are poor of spirit and need more help spiritually than any one else. See the rich man and his splendour and pity him for his isolation and man and his splendour and pity him for his isolation and

insceurity from all things other than those materialistic. And see the starving who are not necessarily crying and wondering where their next food is coming from. Some know that it will come. Some are doomed to die anyway. In either case it is useless for them to worry and fret and cry and harm themselves by anxiety. The inevitable will come as sure as the sun rises each day and gives you light. Live for today and not for what may or may not come tomorrow. The worst you can fear is death and death is good. But I hear you say that it is not death you fear but dving. You fear the dving process. I understand. But why do you fear it will be bad? You may not have chosen it to be bad. If you have, you must be enriched by the experience. It is like giving birth to a child. There is

compensation. Fear nothing on your earth because this is only the prelude of things to come. Wondrous things in the world of spirit which will compensate for all your current trials, discomforts and illnesses. Earth has nothing that can compare. You like to think that life on earth is so good that you do not want to die. I say to you that you should want to die. But I know that is not practical for you to think that way at the present time. But we wait for you all. It will be good.

intense pain but the child is worth it. If you die with great pain the afterlife is worth it one hundred fold. So you see whatever you fear there is a good side that is

How can we comfort those people near to us who have lost loved ones?

I hope that the lessons of Ishamevan will be remembered

and my teachings have an effect on you personally at times of passing so that you can comfort others too in the most effective may. To fear death is to be expected. to experience it is a joy. But you cannot tell others this yet for they do not understand. There must still be grief for the loss of the person only. The loss from your lives and the toss of the person only. The loss from your nives and the fact that that person has gone away and it will be some time before you see them again. It is not that you will not see them again; more that you will have to wait patiently for this time. If you can tell the bereaved person that this is what he will expect, then perhaps you can comfort him in some way. To have no belief in everlasting life makes

some way. To have no belief in everlasting life makes people gieve more than is necessary. Many things are necessary in the death process that are experienced by the person dying. This person may have chosen to suffer pain, or humilation of not getting better or any other aspect. Usually you choose your method of death of the body. It is not a choice that is not made before you retem to your world. It is done here before you leave. So the death process is ordained by the Holy Spirit and approved, so to speak, before you plan your life to carth. So for this reason all death processes is expected by your spirits and cannot be changed unless there was an element of possible change built into your return ticket. Grieve not the dead for they are only resting and waiting for your next meeting. They wait for you patientlyand watch and try to help you from this plane of existence. Never think that the person has died, only that they have left for another place of paradise to wait until the time is right for your journey also. A summer holiday where they have gone to ahead to

#### unpack and wait for your presence.

What do you say to a person who is dying, yet is angry that this thing is happening, especially when they don 't see that to come home to spirit is good?

The person says it is not fair. You reply. Fairness is not the question. There is nothing on your carth that is fair. Is it fair to be rich or is it fair to be poor, or good looking or wonderful of temperament. You are what your spirit chose and this is what you must experience. Instead of fairness replace the word experience. So is this death an experience? Yes it is. Why is it now? Because now is the time for you to return home. Now is the time you chose to return home. To return home is the ultimate of all things. This is your goal. With your experience of this life behind vou and accomplished, then you must return home. What is the point of staving? When you live in the world of spirit you will meet later those you love who you left behind. You go to prepare a way before them. Your dying person goes to wait for her friends and loved ones. The next question might be. But I am so young? There is no age to die. You die when the time is right for you to come home. Those who die young arc the lucky ones. When a baby is born in your world then there is sadness in this world and happiness in yours. But when a person dies in your world there is sadness in yours and happiness in ours. She must be told that there are many, many people in the world of spirit who know and love her and wait for her return. She will not be arriving back alone with no one to meet her at the station. There will be much rejoicing.

## Is birth and death a circle or cycle?

Spirituality is a circle because there is no beginning and no and. Life on earth is a cycle of your spiritual existence. If it were to be said that all things come to dust I will say to you that in all lime, if measured, this is true. It is not the width your individual perception but as a whole this is a fet. So you must see that from both becomes death and from death become resurrection to start again in another time another place.

#### How important is a body to a spirit?

The universe is the classroom for the development of the soul or the spirit and from the lessons become advancement to another classroom in another school. You will learn and learn and advance and advance. There is no other way. If you choose not to advance you remain still. The choice is yours. That is the thing about choices. You all have choices. You are all independent of each other in these choices. Your spirit will not make a choice because of the views of another person. It may make choices because of another spirit entity but that is a very different thing. So if we say that your spirit always has the choice and it is a direct result of its individuality and reason that it chooses to advance then we would be right in our explanation in your eyes. You see the advancement has nothing to do with intelligence or striving to make an achievement, which are the only ways through your eyes in your world that you as a human make advancements within your lives. The advancements I speak of are merely spiritual and devoid of all bodily thoughts words and decds. The spirit is not the body and you must not get confused in the similarity which is not there. You must all of you strive to understand the difference for there are those amongst you who still do not set apart the human body and its mind in one definite respect and the spirit and its unique development in another respect. You do not et them as separate. The soul or spirit does inhabit the body but the spirit does not need a body.

When the spirit is here on this plane of existence it does not have a bodily form. You do not connect to other spirits by a bodily mage, You do so by spirit connecting with spirit. The visions of a bodily form may be abown to spirits newly returned initially just for the purpose of spirits newly returned initially just for the purpose of spirits newly returned initially just for the purpose of rare and not at all necessary. The purpose of spirit showing itself to people on your carth in a human form is for the reason only of recognition. It is not necessary for spirit to do this with spirit because the recognition is there anyway.

# Why is it upsetting for most of us to be with a dying person? Is it just our personal loss?

Why do you concern yourself with the person that is dying and get upset at their passing. There is only a brief interfuel before you met again, nothing more than a blain, of the eye. For the person to suffer in health is far, far greater than for him to die. To die is the ultimate. To suffer is to learn a lesson. To come home is wonderful and to grieve is useless and silly. Never grieve, just be glad for the spirit of the person which has returned to the world of spirit and becomes again one in its onneess with the

whole. All must be born, die and rise again. There is no other way. You cry for yourselves and your loss, nothing more. And the spirit entity cries for your tears, which is not good. Release them from the anguish and let them know that you are happy. For the parting is brief. Your life is brief. Nothing more.

## Is the spirit itself sad to leave the body?

The mind of the body is sad to die and fights the death process but what about the spirit of the body? Is the spirit keen and aware of its journey home? How long does it take for the spirit to realize the body is dead? I will say to vou that this will depend on many things. For the death of a body, the spirit is always aware before the body dies. It maynot be for any length of time, maybe a split second but it happens all the same. In cases where the time frame is minute or the spirit does not identify the death coming, the spirit may be in confusion and this will account for spirits who try to cling to the earth and try not to leave and return home. The lost souls. But they must come of their own accord and in their own time. Always their guide or guides are there to help them, but the decision is that of the spirit. The free spirit. Free of the body. The spirit is free to do and be where it wishes. If it wishes to cling to earth then it will do so. It is said that it is a healing process from the horrors of life and the spirit will be at peace to some degree even though it is not wholly home so to speak. But you sec, as I have explained before, the spirit is not a form as you know a vision of a body to be. Spirit is nothing. Spirit is essence and an awareness that is all. So to say that spirit is here or there is of no meaning. Spirit can be here and there. It is not as a form. It is as an essence. But for the heart of the spirit to be with your world rather than with the spirituality of this place, is the difference.

Why is our friend who is dying having so much suffering? It is taking so long.

I know that you are concerned with the person who is dying amongst you. The sorrow is there for many people and the waiting for her is not good for it is a torment that must be considered a blessing to endure. She will be taken with peace when the time is right. I will not tell you when that will be for it is a secret only with her spirit and her destine as the hast honore.

If I am diagnosed with a bad disease or condition that could be terminal, should I take medicines or treatments to help it or should I just let it just take its course. If we choose our death and that is why I have got the condition, is it wrong to prolong the effect of the cause?

Maybe you had choen to take medicines. How do you know? Not all medicines can cure. Some are useless, as you know. But in your world man has found cures for many things. The first that you have an illness may be a form of the dector finding the right procedure for you and in fact make you better because this was not the chosen dash. How do you know? You do not. For what seems to be terminal in an always the case. If you do not take the treatment, then you may have taken the wrong existin.

the medicine and die when this was not the time, it only appeared to be the time. So my answer is sometimes yes and sometimes no. It depends on each case.

With regard to the person we know who has just passed over, when did his spirit leave his body? Whits he was in a coma could his spirit see what was going on in the room?
His body was a long time dying and that is true. Was he,

as a person, as a spirit, able to see and hear what was going on in the room even though he was in a coma? Yes he was of course part of the room, part of the people in the room whilst he was also part of his body. This is what happens when the spirit leaves the body during the dving process. Whether he did so for a while as in a death which takes several hours, or whether a person's spirit does so when a body dies quickly as in an accident, the spirit will linger and watch what is going on. With a disturbed spirit that is not wanting to move home, then it lingers even longer as you all know. Now when did the spirit leave the body? It left and went back over a period of one and a half hours prior to the body dying. It was a floating of in and out and at that time his spirit was at peace with the knowledge that hewas in the transition process and that was good. After death it did not linger long because of that which went before death. It was not then necessary. Time wise probably no more that twenty minutes and his spirit was gone from the room.

Please remind me what you said about terminally ill people receiving treatment to prolong their lives a little. When a person becomes terminally ill, they are getting ready to return home. For their time to do so hat come. It is man's desire to protong life on earth. so your doctors try to do so, whatever the circumstances. All people have to be kept alive and none allowed to die, even if it is apparent that they must do so. Why? To satisfy the ego of the doctor? To help the loved ones of this person cope with them not dying? Because the ill person asked as such? There are many reasons. But I will say to you that the person who is dying will at some stage realise that they are leaving your word? At first they may be frightened, but as the days or hours go on, they resign themselves and are leaving your worder. But they in a first the decision or their loved ones who are paying that they stay. It becomes a battle, when it should be a peaceful

I know that a child that dies young has learned its lesson for this life, but a boyth that des eight a few seek, days, hours, or even a few minutes after heing bern-what lesson can it possibly have learned?

In most cases of very tiny children dying, it is a lesson to the parents, the doctors, the relatives, not to the child itself. The spirit of the baby will be nothing more than an instrument to bring about the learning to another person or persons. The spirit chose to be of assistance to another and indoing so if returned to your world for a very short did not appear the control of the control of the control of the very desired.

transition. However if their time has not yet come, the

doctors may assist.

time and then came back again.

I am bewildered to see mother's strength of will to remain here with us. Could our "energy" and willpower, be it all a selfish one, contribute to holding her back here?

This is part of a plan, not a question of her deciding to stay. Think how everyone is reacting and think that this is a lesson of observation and participation for all of you. She is part of that action. Had she died many months ago, then all of you would have not reacted and been adverse to each other, as you have done. Or some of you have done. Do you not now see all the family members differently han you did before? Some are essitive; some totally han you did before? Some are essitive; some totally or another. All people react differently to death, and this is al. It should be a paceful time and a knowledge that spirit is free at last of the earthly ites. But for you all there is a loss of a loved one, and this is the pain, nothing else.

I have executly started working with several people in the last stages of their life. I would like some guidance on how best to serve them in their transition period. I limit you understand the healing process where a healer will open themselves up to spirit to be a vessel for spirit to pass through them and heal the persons they have before them. For yourself you must sit with the person, in silence and try and cain their mind. To do this you must attune and the person will be the person to the person that the brain for that is an organ that is part of their keyl, I say only to entity. In your mind, without pecking, say to the person many things to calim them. You are going home. you must not be draid. It is simple and easy. You will have your guide with you. You must be calm. You must be calm. You must be calm. Or anything else you feel appropriate. This can be done whilst they sheep and even whilst in a como or under an anaesthetic. Mind to mind connects always whatever they are doing. When the end comes you will feel the spirit going a little when the end comes you will feel the spirit going a little whether and returning. Each time going in further, yet not wanting to let go. You must tell it to go. Will it to leave.

When we die do we pass onto other planes in addition to where you are now? It all depends with how spiritually advanced you are. If you are nearing perfection and have learnt all your lessons. then you may possibly pass onto a higher level after what seems like an evaluation process here. On this level there are many options. You may stay on the next plane of existence where I am now and help or teach. But most times you learn your lessons on earth and then are assessed so to speak when you return home. Finally when you have mastered them all to the laws of your own karma you will be ready to move on and start all over again with more difficult test. Look at how you move from infant school to junior school and so on. In each section of the school you become a beginner and then graduation as a senior only to start the next section of your education as a junior again. Or should I say novice again for the lessons in the next section are new to you in your whole world of learning. Finally you graduate from one level of consciousness to the next and so on. The final destination is unknown but you must have the trust to know that the source of your being is there all the same. This source is the power of love and to that you are inspired to move towards. whatever the harshness of the lessons

In a situation where you have the chance to save someone's life but you know it will cost you your own. what should you do? You have explained that suicide is not an option.

There is a fine line between wanting to kill yourself and doing so in the situation of saving someone else's life. You could of course use this as an excuse. But to answer your question to end your life in saving another is permissible. Yet in some situations you will be saved. It is very few where this will happen. For to be in such a dire situation is rare and even then a turnabout situation can occur. Whether you are prepared to risk everything for another person, is only known to you and your spirituality. Yet I say to you to consider another person above yourself is to show an advancement and understanding of spirituality that is perhaps one of your largest tests. It is not a test to die, but it is a test in every waking moment of your lives on your earth. To die is permitted, but only at the allotted time. Maybe the allotted time is in saving the life of another. Maybe it is not. You have to be the judge and in doing so be aware of only one thing and that is to

think of the other person above yourself, then the rest will Can you tell us more about the transition of spirit in his return home?

slot into place.

When the spirit is ready to leave the body it does know so

of course. Many times it will leave the body for a moment and then return. It will do this several times. It is more like a pulse rate. You can count the minutes and see the regularity of the movement beakwards and forwards. When it decides to go and not quickly return back it is guided by the person's man guide. The body is discarded to the person's man guide. The body is discarded the person in the pers

again surrounded in the eternal love which is spirit.

My mother is seriously ill. What advice can you give me
to help overcome the obstacles I see before me with
regards to assisting her passage home? What more can I

do?

Her passage home will be peaceful and afte will be well protected and guided all the way. Your work is done when she breathes he least breath. You may give her peace at all times. Never let her see that you are agitated or annoyed by those around you. Neither the nursing people or awnowed este. For she will sense it. You are her calm and her strength. Always remember that she may not be able to communicate and may appear asleep, but she is aware. It is important that you remain in a peaceful state at all times when you are with her, whatever the circumstances. Hard for you, but you can do it.

## Chapter Eleven

## Reincarnations

"Your soul is reborn into many bodies and from each you learn many lessons"

### We would like to know more about reincarnation?

Reincarnation is essential to learn and most souls choose to reincarnate. Many do not but that is their choice. If they do not choose to do so they must remain static at whatever stage of their development they choose to stop. You all have had many lives. Each life in the shell of a body on earth is independent of each other life. They do not overlap. Sometimes people remember subconsciously their previous life if it was particularly bad, but this is meant to be. Do not be afraid. Look at all your lives and you will see the pattern of learning. You must learn to look into vourself and your soul to find all the answers. You are on your earth plane for the blink of an eve. For the rest of the time you are learning and advancing according to the will of God and your development. If it is necessary for you to learn as it is with most of us at this level, we must return to earth to experience. Only experience. When we return we know whether we have learnt or not by that life on earth. So you see it is necessary. It is not always necessary to live to an old age, sometimes only a few months or a few years are necessary. It depends on the experience or experiences and the extent of these experiences that are necessary. All of us that return to the earthly plane come as men and as women. We must experience both in varying degrees. The spirit itself has no sex differences because we are not body, we are soul. Do you understand? So if you return many times, as some do, it is usually carried in whatever sex of body you return in. If you have a particular lesson that must be learnt in that sex of person then you will come back as that. If you must be a person who is talented or intelligent or of no thoughts of knowledge, then this is essentially planned also. Those

people around you are all different and they all planned to Could you please tell me if I have been here many times before?

be that way.

Yes all of you have been here many times before on your earth. You have been to other planes of existence too, but to earth yes many times. To have evolved in your spiritual path, as have you all, to the level of your plane of existence, you have to have been on earth with all its lessons and tests many times. Few of you are novices in the school of understanding.

How many times must we return in lives on earth before we can move on?

I have said to you before that it all depends on yourselves. If you wish to come back to experience in a life many things in one life, then it will be a quicker evolvement to the next level of consciousness, than if you decide that you wish to have nothing horrible or testing to happen to you. In the overall concept of your experiences it is essential that you do so in as many varying types and styles of lives as possible. You all have to experience poverty, ill health, persecution etc. The categories are extensive as are your lessons. If I said to you that some of you have an easy ride through every life, it would be untrue. You all have to experience the same lessons, although not in the same way. For this reason look at the beggar you see on the street or the persecuted person in a third world country and you may see yourself in a similar life next time around. You may look at these people and feel contempt or pity

are not experiencing the same thing at that time. Likewise you look at the rich and famous and a small proportion of you think that would be wonderful to be as them. I say to you, be what they are and then comment on how good it is.

What is the time span between these on earth? Is it true that it is no less than forty years?

but you do not know their humiliation or pain because you

No it is not necessarily true. Sometimes it is many hundreds of years sometimes it is less that one year. But remember we have no time so I speak in your understanding of time. It all depends on your progression. If you are nearing completion of your evolvement in this realm of consciousness the next balance of existence, then

your spirit may choose to return almost immediately to your world in order to learn and progress further. So I say to you that it can be at any time. You know from a person amongst you that it is quick in some cases. But sometimes it then happens that a person will bring with them to their next life on earth, memories of the previous life. If there is a longer time span between incarnations on earth then this does not happen in such a degree. Many people in your world have ideas that are not necessarily true. But you must remember that they are trying to see the way through the fog of uncertainty andthey try and see a complex pattern to things that are not in fact there. Everything with spirit and its evolvement is pure simplicity and has the variation of intrigue and simplicity of progressing that is always possible. Spirit may do and be as it wishes. There is no time frame for spirit so that it does not develop with time. There is no time. So if time does not exist then there are no barriers of time such as you cannot incarnate except within forty years. Do you understand?

Is hypnosis a good method to find out about our previous lives?

This is a strange one because it merely asks a person to relax and go into his own spirituality to see what and where he was before. But you would be in the power of the hypnosist and this would not be good. If you meditate yousself you have control over yousself and this is preferable because you would see or hear things that are probably right. You know yousself that a person hypnotizing another person can induce them to act or feel

exactly as the hypnotist has planned and the person under the trance has no control over the happenings or what he says or does. So let us suy that a person is put in a trance by a hypnotist and is asked to go back to the year whatever. The mere fact that the person knows that they are there for the purpose of revealing facts will have a large bearing on things. But, you sak, if the person is n a trance will what they reveal be more near the truth than if they are still in control of their throughts? Yes they can be and no it is not good. It is not good for the reasons of being under the control of other procle. The questions too!

think is whether you could reveal under hypnosis past lives. Yes you can. You can always remember if you want to do so but the conditions have to be right. It is quite

so which the remember white in a relaxed time; like state. The way that you do your mediation is not harmful because even though you hear the voice you are still in control that is the difference. In conclusion I would say thatit is better to be in a meditation situation, even a guided mediation, than under hyponosis.

\*\*E It easy to regress to pervious lives through mediation?\*\*
Vou all can regress to pervious lives if you wish to do so. Whilst in a mediative state you must float to a particular date or place and sense if you were ever living at that time. Some of you may get some small vision which will get stronger the more experienced you become. Sometimes

you see your lives, sometimes you just travel back to a time that you want to be in and you observe what was happening at the time. This is not necessarily your life: your past life. So let us take the scenario that is not one of your past lives, but you see it all the same. Say the promos who put you limit has the same says the promos who put you into the meditation state of regression asks you to go back to a certain date in time to see who want to go back to a life that you have unplessed meant memories of or have strong memories of, for various reasons, you may choose to go to that date but of the observe. You choose the place and you go back in time to observe. You will usually know the difference because do not see yourself in a body at the time, you are merely observing from afar.

How many incarnations can a spirit expect to have on earth until it moves onto another plane?

I do not hink you understand the question you have given. The planes of existence are applicall planes. Each plane has let us sy seven segments which has seen segments and so on. You have to have experiences and learn to move up the scale to another. There are many levels before where you are now and thousands and thousands more in front of you. The earth is only used to experience some of these lessons. You can experience them lass from this side as I am doing teaching you. I am working through alesson. For the times you visit your earth is cale my out of the control of the control of the planes of the control of

return to your world many, many times, but a person who tries to fulfill all the laws of karma-they will not do so to the same extent. It all depends on the soul.

Is this the only world where we take on a physical abody?

No, montly you take on a physical body only where you are now. Not always, but mostly. This is because other worlds have life forms which you cannot yet understand. I could not classify them as bodies as you know them. You most certainly do advance to travel in other worlds but it depends on your progression. You have done in lower levels and you will do so again, table usesy in higher levels. But where you are now, then this is a spirit world and carth experiences, nowhere else.

If a person has had previous existences, how far into the past is it possible to remember?

It is possible for you to remember them all. Not all at the same time, but fragments of any that you can summon up in your memories. One day you will remember a part of one and then the next day part of another. They will not be in sequence and many times you may think them part of one life. I can see you pay hackwards from the spiritual level. My existences in your world have been many. But my previous levels had different aspects and did not use your world in the human form to return. They used other world is and the indifferent forms. From this plane, your world is used and other worlds, but in aspect of travel only.

Can you explain why we can't spontaneously remember

### previous lifetimes?

Because if you did you would remember your own sprittuality in dealing with lessons and your existence as a spirit entity whilst in those lives. If that were the case then you would live this life on earth with that knowledge. That would mean that instead of feeling and applying your knowledge and use that instead. It is essential that you be aware of your own progression and use it as directed and by the laws of karma. If you fail lessons as assessed when you tretum home and need to experience them again, then you tretum home and need to experience them again, then overcome. If you know the answer to that lesson, because you have been through it before and remember, they oul will automatically do what is required, based on your memory, not no your progression.

Please tell me whether I am right to believe in reincarnation when many religious teachers say it is not

Reincamation in many people's minds is body to body with a spirit. This is perhaps not so. Spirit has a progression and uses bodies on many worlds to use as vessels for its progression. I say to you that this does happen. I would not use the word re-incarnation for it is manamade. I think this is the confusion.

Could you please tell me if I incarnated to another planet between my last life here on earth and this life now?

Between lives on earth you come home to this level of

consciousness. Here spirit is kind to spirit and there is no other way. Did you move to another plane of physical that you did not. The reason being was that you chose to relax and learn from you teachers here and observe life on earth. In your observations you saw many terrible things on earth and as you saw them your teachers pointed out why and how they were necessary for the spirit in a body to experience and learn from these atrocities. It is this pain of remembering that you now associate with your life on earth today. You remember this pain in others and in doing so you then feel the hurt still. It is not that we as spirits were kind and loving to you, that is normal, more that you had to experience observations in your world in order to learn. You had the option to return to earth to learn or to remain here and learn. You chose to remain here, and by your earthly years, that is why you did not incarnate for some time between lives. You are richer for the extended period you spent here.

#### Tell me about my other lifetimes?

I am here to answer questions about spirituality and spiritual learning, why you are having tests in your lives and where you are going with these. I will not tell you how to walk your path or your other paths in past lives on earth. You are a spirit entity that uses a body in order to let your spirituality live a life on your earth. It is irrelevant which body you choose, where you live and to whom you are born, rich or poor. But it is essential that you look at the past lives and see their worth on your spiritual advancement. It doesn't matter where you lived or the year or the sex. It matters what you achieved from the lessons of those lives. It will tell you that you have succeeded well in your last three lives, previous to that you had a lot to achieve and this did not happen. But your progression is now steady and you should look at this life as being a strong turning point is should you develop your spiritual gift to its perfection. Seek no rewards from it, for you must give your gift unconditionally.

I have received one guided meditation session with regard to regression, would it be beneficial to proceed further over any other issues?

Regression is only good in as much as it lets you have an insight of how you as a spirit entity has progressed. If you can spire that you as a spirit entity has progressed. If you you can see how this happened and how you can see how this happened and how you can see how this happened and how you can see thow this happened and how you can see they this happened and how you can see how this happened and how you can set it is insight in the sit is significant how you can set in the sit is the significant how you can set with life's below the sit is significant how you dealt with life's below. Pleasures and lessons. Yes it made lessons. Yes it make the you will find the proposed to the p

Is it significant to know where and how I lived on this earth before?

It is irrelevant where you lived and how you were in those lives. For what you learnt has gone into your Karma bank and you have now moved onto the next life and the next tests. You cannot look back at your life now and ask me how you learned to walk when you were a baby. or how you formed the words in your mind before you began to speak. You do not need to analyze that for it has gone and is now part of your life. It is the same with your previous lives; they are part of you but of no consequence now. only being important whilst you were working through them at the time. Your spiritual schooling is not measured by what you learnt day by day, but more by each term of school on earth. For this I mean that one lifetime will give you some tests and problems, which you should overcome and learn. One leads to another and they become intertwined and one. Take one part of the jigsaw away and you may loose the continuity of the whole. For example, if one of your tests was compassion that would be brought for you to deal with many times in the whole of your lifetime. Maybe at the end of that life you may have learnt certain aspects of dealing with this thing, but youhave maybe not have mastered it to the level of graduating to something else. So you return again and have it put to you

I am curious to know if little children bring over to our world now, dreams or horrors of any kind associated with past lives.

in different ways.

I will say to you that this is possible in varying degrees. To be re-born is for a reason and sometimes it is that the memory should be so strong of a time when they did not heed or listent to a lesson that it may be subconsciously, as you call it, that the memory is still there. Let us take a person who was unhappy in your world and took his own life in order to rid himself of the pain and hurtfulness. That is not allowed so the person at some time in his incumations would have to learn to deal with the situation again. So his memory of bitterness may have to be carried over in order for him to tackfu the problem from a positive angle. So the person, the child may be unhappy and there are the person of the child with the problem from a positive angle. So the person, the child may be unhappy as the child with the problem of the child with the person had been a child that it miscrable even after several years and with loving person. The person may have lessons too. The lessons for all may be that love, when given freely, will conquer the fear of hater dan unhappiness. So you see, although a person being reborn to your world does not usually remother his life on the plane of spirituality or his last reincamation, he may be made to remember 500 somet as may child seed.

How many lives have I had? Have I been on earth before? If so who was I and where?

You have had more lives than you can count. Your beginning was so far ago you cannot see. The lives have been a stage of advancement. They are not all lives as men or women and not all on your earth. They are varied andtoo numerous to list. You have been on earth many, many times, in lots of different places in lots of different situations.

In our lives on earth do we often cross paths with the same spirits each time?

You could have been the child to your son in a previous life or you could have a relationship of deep love with some spirit that you had a similar experience with in a

previous life. But this does not always happen. You could have a wonderful love experience in this life and it is a new connection. So each case is different and must be looked at in this way.

If a person we knew in this life died and reincarnated back here whilst we are still alive, would we be able to recognize them?

I say to you that it doesn't matter. You in a body cannot contact spirits easily in other bodies whom you have experienced lives with before. But your soul can connect with spirits or souls here or with souls on your earth. With spirits or souls here or with souls on your earth. With steep you will realize that it doesn't matter where this value of you will realize that it doesn't matter where this value is for you to connect through channelling or through spirit connections, it is all the same. Do not worry that spirit has passed from the body you knew to our plane and back into another body before you have had time to return here. It is not not not not consequence. You will connect anyway. You may feel that when you meet again that soul whists on your will never be east connection. But it will be vague. You will never be set in connection. But it will be vague. You will never be set.

Buddhists believe we can come back as an animal? Is this correct?

Yes and no. You can come back as an animal only if you go back in your powers of spiritual learning. For the evolvement of spirit is such that you evolve from thelearning's you had as an animal and you pass on then to a human form and then you pass on to other higher forms.

So from an animal, your levels of spirituality are not as high as they are to you as a human. But within the animal world there are bodies, which carry high spirits such as elephants and ones which carry lower learning spirits such as elephants and ones which carry lower learning spirits such as an ant. They all have a spirit. It is essential that you remember that all living animals have a spirit and that is why you should never kill an animal because that animal has a spirit which would mean that you are killing a spirit which would mean that you are killing a spirit which would mean that you are killing a spirit which six wong. To say that you as human come because an animal is therefore worog. You can remain static or you go back but that must mean that your powers of on back but that must mean that your powers of understanding through your leaves the spirit which we have the power so that the power of the powe

In other words you go back in your school classroom to a lower class. But this is an extreme set of circumstances.

How long do we wait on your plane of existence and who decides when we are expans?

decides when we are rebun?

You as a spirit decide. It is always your choice. Let us say that your lessons are then known when you are in the world of spirit. You look at your progress so to speak and you assess what remains for you to learn. You must remember that there are many please after the next plane of existence. But you know this thing. There is the next plane and then the next and the sext and so on. Your just and you want to have a sex of the plane and then the next and the sext and so on. Your you want you know that the plane and then the your known in the spectrum in which you are in. You grift wants desperately to progress. You are in. You grift wants desperately to progress. You in a body on your world does not understand this desire. For you are carthood and it is not until you return home.

that you see all that is required. So you look at your last life and the tests that you chose for your last life, and you see whether you have achieved the understanding of those tests. If you did not then you must return and do them again. Tests are notalways shown in one way. For the person you query and his tests, you will see that they not prove of compassion had to be learnt. If it was not maybe next time he will have to do the same test but with great

until ne will nave to do no me same uses tout winn great suffering to himself and not as a rich wan as he is tokey! If the half learnt his Issone, then it would not have to be repeated. No completed Issons in repeated. So you are home reviewing your Issons you then have he desire to get the remaining lessons out of the way so you can move on to the next plane. You need to graduate front your present plane to be a new boy in the next school. It is your choice how quickly you go back to the world relies some to take these tests. You may decide to walf mit, you will not evolve higher. Not I must fell you that people who come back to your world to endure much suffering, to die young, to be engoled, to be poor and starring, these spirish here.

choice how quickly you go back to the world of Issons to take these tests. You may decide to wait may, many years and be jist a spirit here. But if you do so you will not evolve higher. Now I must tell you that people who come back to your world to endure much suffering, to die young, evolve higher woulkly and in a covernitated from which takes few years but much handship. They are so much richer in spirituality for having chosen that route. And all lessons are chosen before you return to your world of substance. You choose your britth parents, your death and your Issons, the rest are free will. You have no answers. Even if you have lived before, that spiritual knowledge is not necessarily remembered to the new tests. But your spiritual forwellengt in Europe down the control production of the production of the

say an old spirit or a new spirit. New spirits have to learn, as does a child. It is the experience, which is important, and the help it gets from other spiritual people that makes it grow.

How old is your soul, your spirit? How long has it taken me to keep reincarnating to where you are now?

We do not have time measured when we leave the earth and come home. Time is not needed. Time is not there. On earth it is there. Here it is not. Thousands of years flash by in your world and we see it as the blink of an eye. How many times have I been back to your earth? Many times, I think around 10. But I have been elsewhere too. So my spirit is mature so to speak. And where did it start? It will take many complex lessons to educate you on that one. It will take many weeks to try to get you to comprehend. For now just think of a circle that has no end and no beginning. We are all part of that circle. The circle turns so time is lost. There is no end to the circle and there is no beginning, although I know you will ask that some time and some place the circle had to start. Think of an amoeba that started to grow as a fungus from nowhere. It grew in the sun and became a living organism then the sun dried it out and it went back into the earth. Think on that one and we will talk again.

Whilst between lives, how do we spend time determining which hody on earth we will reincarnate into next?

which body on earth we will reincarnate into next?

I will say to you that you are told when you can return to earth. You do not just choose and then go. It is not as

simple as that. All things on this plane are governed by the Holy Spirit or the Great White Spirit. Mostly the Holy Spirit because the Holy Spirit is in charge so to speak of these levels of existence, answerable to the Great White Spirit, as I have told you before. So if you and the higher spirits feel the time is right for you to return to earth to learn and experience more tests and lessons, the higher spirits will tell you that you can return and will suggest a path for you. You have the choice whether to return or not, but the route so to speak, is suggested to you from higher spirits. They will suggest your parents and the key people

or situations to work through your lesson or quest. It is not or situations to work through your lesson or quest. It is not of course necessary to know the extent of your path although the higher spirits of course know the path and sometimes the outcome. although not your reactions because these are the tests. It would be no good sending you back to early to face various situations of the higher spirits already knew the outcome. Sometimes spirits will say that they do not wish to return to earth although they do not want to return to earth although they do not want to return is earth although they do not want to return is earth although they do not want to return is earth although they do not want to return is earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they do not wish to return its earth although they do not wish to return its earth although they do not wish to return its earth although they do not wish to return its earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they do not want to return its earth although they although the return its earth although the ret

usey rear returning to race traces easts. But mostly spint will be pleased to have the opportunity of returning. Do not think that when a spirit wants to return to earth it chooses its own path and just returns when it feels like it. This is not the case. You have to have permission, so to speak. You have to have discussions, in your terminology.

of existence next to earth. Sometimes they are eager to return and want to progress quicker so must go through the necessary lessons at a quicker pace. Sometimes the spirit is afraid of the path that is being mapped out for them and they fear returning to face these tests. But mostly spirit and then be given leave of absence to go through the next life on earth. When the decision is made from the higher spirits and the acceptance from the spirit to return is given, there is a waiting period until the birth through the chosen mother is to be. From then onward the spirit is on its own so to speak.

Please tell us about the various stages we pass through when re-entering the spirit world from an incarnation?

It is difficult because the world of spirit is nothing like the world you know. It is a floating, a drifting, a coil of smoke that has no beginning or end. You leave the body and you ascend, not up or sideways but moving all the same. You have your guide with you who will remain so for some time. You enter through shall we say, cluster after cluster, cloud after cloud so that the transition is not at all. It is a progression more than a journey from one point to another. It can take a long time in your terms or a flash of a second. Spirit makes its own pace. It is not frightened of where it must progress, but it does not need to rush either. When the first stage of this progress is over, then it will see, only if it wants to visualize, any single thing it wants. If it needs to see other spirits to connect, then it will. If it needs to look back to earth, then it has that facility too. It may take deep looks at earth and connect to the people there it has loved or missed. It may decide to move on, although that is not the correct expression, and see where spirit takes it next. At some point most spirits have to acclimatize themselves with not being in a body and this is the hardest thing. There is always a period of reconciliation with elders that need to discuss or point out, without words of course, the life that the spiritual entity led on earth. Spirit sees for itself what it did wrong and that which it could have done better. So you see you learn from your own mistakes and your own power of observation by seeing you life being relived before you. Vose see the alternatives that you missed or the lessons, which you chose to ignore. When this period of reflection is over, then a course of study of other lives on worlds is given. This is extremely beneficial. So you see you are learning still even though not in a body. This I describe in simplistic form of course soyo wall ilunderstand.

When we come back to earth again, is it all in future time, or do we go back and forth?

We have no time from this level and can view everything, anywhere at any timeframe all at one time. It is difficult for you to understand, but think it through. Yes you move on in progression but not in time. In your world you move forward in time, but in other worlds it may be back and forth.

Is it possible for two parts of the same spirit to reincarnate on earth at the same time in different bodies?

In the whole scheme of things, yes. But to a concept you can conceive, no. Because spirit is part of a whole, then segregation of the whole is of course permissible whilst at the same time still in fact being as one. For your own spiritual understanding at this stage. I would say to you

that it is better that you understand that this thing is yours alone. The whole concept of splitting the whole of spirituality is difficult for you all to understand unless you whole are much more advanced in your studies. So I would suide. So I would suide. So I would suide. So I would suide. So I would so, as a separate and you had better understand that you, as a separate as a one you only reincarnate as a one, not as a split into two entities.

How can a medium contact a person who has been dead for lots of years, if by then that spirit has reincarnated into another body?

Firstly you must understand how a medium contacts a spirit entity. I will talk later about mediums because you must learn to recognize those who truly work with spirit and have a gift and the large proportion in your world who are false. But for the question, a medium will only connect to spirit entities who make themselves available for the link. If the spirit entities are not around the medium, then he will not be able to connect. Although the medium has their own guide who actually makes the link to other spirits, it is not a question of summoning up the spirit of someone specific. If a person asks a medium to connect to a loved one who died, that spirit had to know the question was coming and be ready and waiting for the link. But, many spirits do not want to connect to people in your world, or have reincarnated. However, I have told you that spirit entities in your world do travel during sleep or meditation. They are away and in the body at the same time. For this reason it is possible for a medium to connect to a spirit entity that is living in your world whilst it is traveling. This will be difficult for you to comprehend because you will then test me by saving I had commented that the spirit in its current life on earth does not remember the spirit world. I will merely say to you that the mind of body does not remember; the spirit does.

Why are we not given proof of reincarnation?

Proof is there in your perception and your instinct. You automatically feel you connect to different places, names, cultures. You have more interest in one than another. Many of you are not surprised when you regress to other lives. They give you verification of something you think you perhaps always had a feeling about. But proof will never be given about reincarnation or anything spiritual. There is no need from the spiritual perspective. When you have advanced your understanding in that you have a belief, then you will see for yourselves.

# Chapter Twelve

# Animals

"The purest forms of your spiritual selves"

For what reasons are animals placed on our world?

Animals are primarily for the use of nature to observe and to enhance. They play their part in the overall plan of things as do all of you humans on earth. The plants too all have their purpose and this is not too hard for you to comprehend. But to say that plants have a purpose is obvious in some statements and not so obvious in others Because their full value has not yet been assessed in your world. But animals are all reliant on plants and fellow animals as they are on the world's resources. So animals rely on humans to a very large degree to keep their world free from pollution and for man to avoid destroying the earth on which the animals live. I have talked to you about the abuse man has to animals and how you should not use animals for any reason that will affect their spirituality. I know that some of your group ask about breeding animalsfor food. I have already said that it is not permissible to eat flesh unless it is to sustain you from staving, Now you ask about animal by-products like milk. butter and cheece. This is more difficult. These are permitted but not to have animals missaed in order to get these things, Aminis in natural surroundings are all that is permitted. Factory farming is not. You are not starving, enther is your neighbour, so think handwy this must be. Diets of humans have evolved from want, not from need. The things you cat are not even given a second thought, you just require them because you always have. But if you had been been of a family and an environment where people did not cat flesh of a simulas for anything cles from animals, then you would not even consider eating them. So I will say to you that there is food in plenty for you to cat so think that do here you plan your plenty for you to cat so think that do here you plan your plenty for you to cat so think that do here you plan your

Is it worse to hunt animals that are at the point of extinction or to hunt those that have been bred especially for the purpose of hunting?

All living things have a spiritual existence. A prawn is not so spiritually evolved, as is a tiger as in an elephant, which is the most advanced in the animal kingdom along with a whale etc. The spirit is what is advancing by progression and on a di infinitum. The spirit of an ant is not yet as spiritually evolved, as is that of an elephant. To respect the spirituality of all other things is to know and love the spirituality of all other bodies that they mish. The spirituality of all other bodies that they inhabit. For this primarily of all other bodies that they inhabit, for this work of the spirituality of the spirituality. The spirituality of the spiritua

the spirit of any other living thing and be at peace with yourself in your own understanding and progression. You may hunt if you wish for it is neither right nor wrong in the laws of your life on earth. But if you do so you must return again to learnthis aspect and keep doing so until you learn to respect the spirituality of all things.

Do cats have a significant level of spirituality and does a black cat have more of this?

Yes a cut is quite high in the spiritual awareness spectrum, A cat will see and hear what you cannot. There is not power, just spiritual awareness. A cat is the cars and eyes of spirit. They can see and hear when spirit is around you. They are not blind to the senses of spirit. Why do they sense your coming before you are drive? It is because they have vision. They can see your spirit coming and the spirit from our planes slo. A black cat is the same, not different.

If you say that all living things have a soul, with particular regard to animals, do they evolve into human souls eventually?

Yes, for the animal is before the human body in its progression with life's lessons and tests. An insect, then a fish, then a bird, then an animal, then a human. That's in short the way spirit learns and advances. For this reason you should not kill the body of a snirit in its progression.

## Can we return to a life on earth as an animal?

Even the animals have a choice to survive or to die. I know that you are curious about how animals evolve and

whether you as a spirit can return as an animal. I say to you that you cannot because you are progressing formal. If you did not progress forward, striving for a higher plane then in extreme circumstances you would go back in your progression and become a mammal and then another species of animal in a line of development of the animal and then the insect world. If you progress as intended then you gain a little more with each lifetime.

#### Should we not eat living creatures?

lessons

All creatures are on your earth are in various stages of evolvement. Would you have liked someone to eat you when you were are that stage? As with all your lessons on earth it is your desion. If you feel on have learnt that it is not right, then you should not do it. Some people think then you should not do it. Some people think they have justification to kill their fellow men. To then it is justified. They think that their lesson has taught them that it is all right to do so. If, when hy have to assess their less, it is pointed out to them that this is not acceptable because these fellow men allow have spiritually right. The same applies with animals. It is not recessarily wrough but then if you feel that it is not fright profage that is spirit saying to you that this is so. Be your own judges, lebancous cannot tell you what you must answer to your ladges.

When special pets die, do they wait for their loving owners to pass over so that they can be with them again?

Not quite again as simple as that. This does not happen

with people in the way that you expect so it definitely does not happen with peets. It will say by you that all living, animals and humans on your earth that are living, whatever their species, have a spirit. Man has a very developed spirit in comparison to a burf. But the brid still has a spirit. You have evolved from an animal. Your spirit now is established and mature. A pet, say a dag, has a spirit. You have evolved from an animal. Your spirit now is established and mature. A pet, say a dag, has a spirit. You have evolved from an animal. Your spirit now is established and mature. A pet, say a dag, has a spirit. You have evolved from an animal. Your spirit now is established and mature. A pet, say a day to see a spirit of the spirit of a pet closer than you can associate with another human who has put up barriers because of society's needs and expectations. So let us go better go the spirit of a pet closer than you can associate with another human who has put up barriers.

back to the question. A pet dies and the owner is sad. The pet moves back to its level in the spiritual plane and leaves pet moves back to its revei in the spiritual plane and teaves the connection with its owner's spirit. The animal, because of its spiritual development will not return to the same plane of existence as its owner. Each has a differentnext plane. But here is the strange thing for you to comprehend. The spirit of the dog will travel to earth to be beside the owner easier than a spirit of a deceased man could do the same thing. So the owner will feel the dog around them a great deal. When the owner passes over to their next plane of existence, then that owner will seek out, so to speak, the spirit of the dog. The spirit of the dog, being on a lower level, will not be able to rise to the owner's plane of existence, but the owner will be able to visit the spirit of the dog. Difficult? Yes. Simple for us to do. Difficult to explain to you. Spirit can see or be whatever it wants. If it wants to connect with the spirit of the dog then it does so. Do all animals have a purpose in our world? Some are

It doesn't matter what animal it is, all have the same spiritual karma at different lower levels to yourselves. You cannot say that this gorilla is ugly so it is of no consequence, or that is a smelly creature of no use. They are the same. They are all creatures of the Holy Spirit. They are put on the world for a purpose. Sometimes to see the reactions of man and other animals. Spirit treating spirit and spirit loving spirit. Each animal is individual. Each spirit is individual. You cannot say that cows are one group and not one cow. That is not true. Forget that fantasy. All are one spirit each. I have told you that your spirit came from nothing and that you evolved to where you are today through a process of progressing from various planes of existences. From insect to animal to human to higher beings and so on. You are only just started where you are now. Some worlds higher, where you will visit when you have progressed further, are beyond your comprehension.

#### Is it wrong to have our nets put to sleen?

This is not a very easy one for you to understand bearing in mind that which I have taught you before. Webave not dealt fully with the human body being given drugs to make it die when very ill either, in full. With pets it is understood in some cases that the owners feel that this is understood in some cases that the owners feel that this is neither right nor wrong as before with all things. For the spirit of feel dog or say cat or whatever animal, the spirit of feel dog or say cat or whatever animal, the spirit of

the animal knows in advance what the owner is going to do and why, so it is expecting this action to happen. Animals connect with humans in different ways than humans connect with humans. Animals can perceive more closely what a human is thinking or why he is acting in a particular way and their thoughts are understood. For an animal who is very ill, suffering and about to die anyway, this is not such a bad thing to do, but only if it is done for humane reasons and not just that the animal has become a nuisance to the owner. I have told you that you must not kill an animal and upset the spirit before it is ready to leave the body. This is correct, but there are certain circumstances that are acceptable on this level to animals. but not with humans. Animals have the perception to know that it is going to happen and understand why. Humans to humans it is not the same. I am not telling you that it is wrong to kill animals, only that in some cases when the animal is suffering badly it is understood why this action is taken. Sometimes the animal is put in the position of testing the human and many, many times animals are used to teach humans lessons for themselves. The link with some animals and humans is closer as you have observed. Dogs, horses and cats are very strong as are elephants and some mammals such as dolphins and whales. You know which. You observe. All of you have experienced this bond

Is animal cruelty permissible, as persecutors believe, just because the animals are on a lower level of consciousness than ourselves? Of course it is not. There will always be people in your world who can justify anything in the name of reason. Reason to themselves, not to spirit and certainly not be laws of karma. Cruely in any form to any living creature is wrong. You cannot justify taking elephants' tusks or an animal's far just to be glorification for a person to look good in the skin or like a carving in voor, It just is not acceptable. On another, but same feet, you cannot justify killing an animal for its meat other than that which you meet to keep you alive. It is not permissible. Food comes

to people from many sources. Meat is sometimes necessary when there is nothing else. Meat is not acceptable as a daily normality and most people on your world will not accept that that is true. Animals live on your world will not accept mat max is true. Animais live on your world for one reason and that is purely to live. They have no direct purpose to provide food for humans and nothing else. Animals have spirits. Spirits are on a journey. Spirits evolve from life experiences whether in an animal or in a person. It is the same rule of karma. You cannot justify just because you like the taste of meat that it is permissible to kill a cow or a bullock to achieve this. If the cow is dead then it is permissible to cat the meat if it is desired. The spirit has left the body. But to breed an animal for its meat is therefore not acceptable. Many of you eat meat and you choose to do so. It is your decision and that is right for you. I only tell you that which comes from spirit. I tell you also that your deeds on earth are neither right nor wrong in as much as you are not going to be punished for what you do. But you yourself must be aware of your spirituality and that of other people and other animals. The consequences of your actions in distriving either their flicks or body, their self-eistenen or their sole possession, is answenble only to yourself in your incorrect judgment of these spirits situations. I would asky oudal tylo observe all things. Observe nature and the marvellous bounty it provides not only by ourselves but also to all animask and be birds and insects, giving them food for survival. Nature does this to you also. You have at your resources all then necessary elementsto keep you healthy and alive. You need no more. Do no inflicts suffering on any other spirit entity in any other form or body on your earth. Listen to the words of Ishancova and bede them.

Many people believe we are top of the food chain and therefore can kill those below us for food. They argue that by nature animal predators kill those less skilful, so we should do the same?

we should not be some?

It will say simply that mus is more advanced than animals in lots of ways. You are now at stage where you have the brains and the capability to find food without killing to keep yourselves alive. In most circumstances that is. With animals they do not seen that privilege, that is. With animals they do not seen that they revive yet the recognition of the property of the recognition of the recognition of the property of the recognition of the property of the recognition of the recognitio

that many years ago when your world itself was in its infancy and not so advanced, then man had no choice but to kill animals that were sometimes his only source of survival. But man himself was not as you are today. There is a big difference. Now you have a means to sustain yourselves in abundance with never needing to slay another living being.

Are we allowed to cull wild animals that breed in excess and are pests? For example large numbers of rabbits which have got out of hand in Australia.

Why should you be? The rabbits should live within the laws of the animal kingdom which is that all species has its own particular predator. The rabbits have a predator. Hadthey not been removed from the environment of their predator or not had their predator been extinguished by man for whatever reason, the laws of the animal kingdom would still survive and the rabbits would be in the right proportions. In their natural environments animals will never breed and live in excessive numbers. The Holv Spirit and the laws of the spirit world have exactly engineered the proportion of predators against each breed of animal so that the laws of survival are exact, and I say exact, for the animal kingdom and their own existence. So instead of killing these rabbits man should introduce to that country the natural predator of these animals in the correct numbers to alleviate the problem. But that would not please man because he probably wouldn't like the predators either and would want to kill them. So you see the problem of the rabbits in Australia is the effect of the cause. The cause is man's error and the effect is the rabbit

### population exploding without natural predators.

Does healing work for animate?
Of course it does. All the creatures under the protection of the Holy Spirit have our love and help. If you pay for the healing of an animal then this prayer is considered the same way as if you pay for a human. But it all depends on the perarranged paid of the life. development and death of the training and the perarranged paid of the life. development and the perarranged paid of the life. development and death of the animal, as with a human, to whether it gets any help from spirit. If it is easy to die then not help will be glaven, which is the perarranged paid to th

What is your opinion with regard to experiments on animals? Are these permitted if it means that scientists and doctors can advance their knowledge in helping to treat humans? This is not an easy question because you will not like my

human. They are the same.

This is not an easy question because you will not like my answer. If the animal sill, then it is useful to treat the dying animal and see the cause of its death or give it drugs to see how it will respond. It is another thing entirely to be see how it will respond. It is another thing entirely to purposely give the animal an infection or disease to keep trying to find a cure for it. On the other hand if a person is ill in your world then sometimes the doctors need to have an animal on which to experiment. But you must remember that many, many people who should be dying because they have chosen to do this thing are being saved by well meaning doctors, or kept alive on machines or by drugs when they should not be aswed. It is as bad to keep.

someone alive when they should be dying, as it is to kill someone before they are ready to leave. But I will not say to you that experiments on animals are wrong, only that the animal must be ill before this is done. It is as easy for experiments to be done in laboratories in test tubes etc. as it is for animals to be used. This is sometimes the easy way out for the doctors or scientists and animal after animal is not through the torture until a cure is found or the doctors change direction to try a different experiment on something else. Many animals die in vain. Many animals have experiments done on them for the adoration and vainness of women in the products that they use. This is very wrong. You should not use products that have made animals suffer. It is the same as killing an animal and eating its flesh when you do not need this because there are plenty of other things to eat. The same is with manufacturers of products that use animals for experiments that are not for medical research, only for the sale of their products. This is not good. Slaughter of all animals for the needs of man, whatever the cause, is wrong and should not be done. I have told you extensively that animals have a spirit which is on a journey the same as

as you would treat the spirit in a human body. There is no difference. But to get back to the subject of laboratory experiments. I would say to you that these can be done in other ways than treating animals unkindly in this way. Do you approve of animals being operated on in order not to have offspring?

vourself, so this spirit should be treated with the same laws

The animals in their natural habitat do not have the means to be operated on to quell their numbers. Animals hunt animals and this keeps them in the right proportions. But you have in your world a situation where animals are bred for the sake of the vanity of man. They are made pets. They are dressed up and pampered so that they are nearly human in their ways as thought by their owners. There is nothing wrong with talking to a wild animal of any sort or having wild animals around you, but it is wrong to breed them and sell them for profit. Also the breeding of these animals then brings in rules as to how many offspring they should have. Or if say a cat goes on the prowl it will produce lots of kittens as a result. I will say to you if the cat was in its natural state the kittens would be killed by rats or other predators. Man chooses not to let cats live in their natural habitate and now cate are considered never to have been wild, they are trinkets for man to play with.

he wanted this operation, then the same rule as with man and woman would apply. But you cannot do this thing, so therefore it should not be done. However, you have humanized some animals, so the effect follows the cause. The effect is not wrong because the cause is the problem.

This is not the case. I will say to you that to mutilate the animal is wrong, as I have said when I referred to experiments on animals, it is the same. The spirit of the animal must be considered at all times and the animal does not have free choice in the matter. The animal itself may connect with you because it is a pet, this is good, but the animal is still free in its own life. If the animal had the power to converse with man when he asked the animal if But if you have the cause you also have to deal with the effect and this is from spirit wrong.

# What about people that harm animals?

I would ask you to take a small child. Would you harm a child with any action, forment, hunting or abuse? Now would not. The child is in your care or you respect the child and care about its welfare even if you are contended with the child. You automatically become its protector. So with animals the rule is the same. They all innocent and in your care. Look at their spirit as the same as that of a child. You must always remember that

Some dogs work with blind and disabled persons. The dogs are trained to do this work. In view of your previous comments regarding training animals, is it wrong in this instance?

instance."

No it is not wrong. The dog helps the person and there is a strong bond. When I said to you that you must not keep animals for pets, I did not say that you must not keep animals for pets, I did not say that you could not have a bond with an animal. To that which I was referring was to breed animals for pets and pay high prices for them. You may take any animal and love if but do not profit ever from animals or enable others to do so. If you bey a dog that has been bred for a perfect person are chain the strength of the person and the strength of the strength o

lot of money to be breed so therefore the breeder must charge a lot of money for the puppy is not acceptable. That is an effect for a bud action so it is not permissible to partake of this action without being a part of the action being the misery of spirit of the love them all, but only care for those which are mistrated love them all, but only care for those which are mistrated in the way I have said. Guide dogs are breed for a purpose but I would say to you that any good-natured dog could do the work. Most dogs love to connect with humans spiritually and the dogs that do this work have fulfillment in doings so. But I know you will say but at hey are breed for the work. I will say to you that this is not necessary and yofg that is a suitable size and temperament could be

any dog that is a suitable size and temperament couls be trained this way. It could be a mongrel not a certain breach But of course you would have to be certain that the dog have been been suitable to the certain that the dog have been suitable to the certain that the certain properties of the certain that the suitable state properties are the certain that the certain that the suitable state of the certain that the certain that when I said that you should not exploit animals I was referring to them as beings with a spirit. I did not mean that they should not make a contribution to life on earth. Some animals which work, love with they are asked to do Some animals which work, love with they are asked to do some animals which work, love with they are asked to do continually animous. Animals which are made to perform tricks and are taken out of their respectability zones are to some that they do not be sufficient to the certain the certai be pitted even if it is in the name of work. So here again we have a fine line. An animal which is well treated by its owner. respected. and is spiritually aware of its job that it is enjoying, then it is permitted. But to say to a person that sometimes you can use an animal if the animal is enjoying what is being asked to do is, very risky because you do not know that that person is going to make up thoughts in his mind as to whether the animal is rigorying the task, when in fact there is no probability at all that the animal is doing so.

If we can 't get rid of a rat out of our home, can we kill it?

Yes if they bother you. Why do I say this? You are a predator of a rat invading yourself. Then the rat must die. If the rat is not invading you then he must not die. There is no question that you can live with the rat. If you are in the forest and the rat ran over you and you did not like it then he must not be killed. If you build a house and the rat comes in to steal your food or invade your house then he must be asked to leave. If he does not do so then you may kill him. I know that you find it hard for me to accept this thing when I say that you must not hunt animals or kill any living thing. I do say this but in the case in question you have no choice. You cannot deal with the situation in any other way. You cannot put up reasons to the rat to leave and you cannot live with the rat. I say to you to kill no living thing yet I permit this. There are exceptions to every rule and this is one. The spirit of the rat is low and the spirit of you and your colleges is high in comparison. The rat must be respected and so must you.

Which animals, if at all, are we allowed to kill for food?

I have told you that it is permissible if you are starving but at no other time, but you wonder about the plagues of animals and as some say that to cull the species is acceptable. I say to you that this is not the case. If animals had their natural predators then the culling would be done by nature and not by man for his pleasure. But you have species that need to be reduced so what do you do? I will say to you that you need to de-organize the progress of your planet in this respect. Give animals the freedom that they require. I know that you say that this is not possible and I agree with you. But the whole thing is by cause and effect. But also as you think there are a proportion of people in your world that like to hunt and to chase and kill the animals thinking them to be only body and not with spirit. I have told you that this is not the case. All living things have a spirit. The spirit of an insect is small and less developed than the spirit of an elephant, but it is there all the same. So you have lots of animals that have not been killed by their predators so you ask is it right for man to become that predator because man was the one that was the cause of nature becoming so off balance. I will say to you that man should first look back to nature and analyze what is wrong with his lifestyle on earth and then he will see his wrong doings in this respect. At this time most of humanity does not see this thing. But to kill animals is wrong. To kill their spirituality is what is wrong as it is with the spirituality of a human on your world. But you ask, what if all men stopped eating flesh, then there would be a glut of animals would there not? But not all men are going to stop eating meat at any one time so the process would be gradual. Some meat must be eaten to avoid starvation, and the rest would not have been bred so avidly for the time that the thing of eating meat was declining. So for the glut of animals which were not killed by their predators, what should you do? Nothing. Nature will take its course and find a solution. As with all things it is not man's task to take on the work of spirit. As it is not your task to worry about what spirit will do or fear what spirit will not do. It does not need your concern or your worry it will happen anyway. Some of the diseases in your world are unexplainable and come from spirit for many reasons. some because the laws of karma have been broken and nothing else. But it is not the place of man to take everything on himself. If he knew spirit he would not do SO.

### Do animals have the perception to see spirit?

Yes the same thing applies as with babies. Spirit is one of them. That is all. They see spirit and communicate in their own way.

Often if I look at my cat I think I can see a person I know who has died. Is this feasible?

Maybe. It depends on many things. The animal has a spirituality of its own. But it will allow another spirit to share its body. So let us look at it this way. A cat may be a spirit ina body of a cat and that is the personality and spirituality of the cat. But the cat will share its body with

other spirits. It will let other spirits visit through that body.

The cat may be in tune with you and let you have your own thoughts to bring about a vision, or should I say a feeling, of that person in its own face, somewhat like the transfiguration of a person who is taken over by a spirit entity during meditation. The cat is part of another through your own vision because you expect to be able to see and your own vision because you expect to be able to see and a spirit could visit through the thing. On the other hand a spirit could visit through the cat of the country of the person of the country of th

#### Could an animal help me with a spiritual problem?

Sometimes, it depends on the connection with the animal and yourself. Maybe the animal has been sent to you to be spiritual support, maybe it is given to you to help you cope with an emotional problem, maybe it is just for support. Or it could be of no significance whatsoever; it is just there. I would say that an animal with a close connection could make you consider the problem more deeply because it is giving you help spiritually, but it will not solve the problem, you must do that. You couldn't ask your cat for spiritual help like you could with your own guides, but you could talk to the cat if you find it easier to do so. The result is the same. Because by talking to the cat you are in fact talking to spirit and the cat acts as a channel. It allows your words to pass through to go to spirit and it allows spirit to manifest as a feeling of spirituality through a channel to yourself.

I can feel love to all animals, however small, and not

want to harm them. Why cannot I feel the same for humans?

Animals have more spiritual innocence than humans so they become easier to love for they do not give you negative thoughts or actions back. You connect easily, do you not?

with humans, then their situations on your world, their disbellef in spirituality, their shell, which they have put around themselves, makes some of them in dishammony with others and with by courself. You have not yet learnt the power to stand bock and observe and see through that believe to the timer spirit which they have, sometimes, buried too deep to see. That is the different of the object to see the conditions of the standard or the st

May I ask you about people who have phobias? Let us say someone that is terrified of spiders. How does it happen?

You are asking I know if that person had such a fear in other lives and this is a reason why it is so strong. No I will say to you that this is generally not the case. There is a fear for no other reason than something language, and it is a fear for no other reason than something had not a fear for no other reason than something the reason than had not the contract that the second of the sec

spider. If she had taken time to see that it would not harm her, then the thing would not have multiplied. In so many cases if the person is faced with their trauma then it will go away. To some extent that is. If it was brought over from a previous life then it would not. Anyway that is not the kind of thing that is brought over with you. Fear is not transmitted. Love goes with you.

You have previously told me that our cat was sent for spiritual reasons. Could you please explain how this works?

Sometimes animals are sent to people as a gift of spirit. They are the vessel; if that is the description, of spirit, if youlook at your cat do you see many spirits in him? Sometimes he is one passed over spiritual person, sometimes he is another. Sometimes he is spiritual. This is why he is a confort. Clas come as apports to many people. From nowhere for a need. A gift from spirit for confort. The control is a least the spiritual. This will be a has chosen to be a vessel for the transitions of many spirits But the cat has a spirit of its own of course. Take a medium who is a vessel for many spirits from this world contact your crossely one of course. The contact you can be supported to the young the contact you can be supported to the young the young the supported to the young the y

course but psychics and their spiritual connections.

Why, if we originated from apes, are there still apes?

After all, the fish that developed legs and eventually become crocodiles are now sething.

Firstly I have to say that you are talking about the body and not the spirit. The body that you use for your journey in a lifetime has altered. I agree. But let me say that whilst. many years ago you may as a spirit come back to your world to experience life as an ape, that is as a lesser spirit. those at a higher spiritual level were some other place experiencing life in a more advanced body if that is the right word. So this question is really about the evolution of the bodies, or should we say human and animal forms, and not about the evolution of the spirit. Now I will say that for many species there was advancement and distinction. The lizard was a fine example. The previous version was perhaps no longer needed, but with an ape who became man, the ape was still needed as an ape, for whatever reason. I have to say to you that the ane will 'house' a spirit, which is perhaps nearly ready for being in a man, but a lizard is so much lower down the scale. So you see we still need apes to house spirits which are at that level of advancement

# Is it the spirit inside the animal which is needed, not the animal?

Not quite. You must look at all animals and bodies of humans as being a vessel to carry the spirit through its passage of time on earth to learn all the lessons that are needed. As with those now experiencing things in human bodies, the ones which say experience in a blind person, learn that aspect, those in beautiful bodies learn another and so on. Lower down the scale, a spirit not yet advanced to human form, may experience life as an ape. Even the sum of the scale of the sum o

down it may experience life as a lizard. It is all relevant. I will say to you that apes are needed for many reasons. Mammals are the most advanced of bodies, under humans. Apes are high on the list within that section. If we took away, whales, elephants and apes, a great deal of good lessons would be lost. These particular animals are inhabited by spirits more pure than those in humans. Let us say it is like the spirit of a child when born is more pure than that of that same child sometimes and I say sometimes, when it advances to adulthood. These spirits are not yet harmed or unadulterated by mans ways. The spirits of these mammals I mean. So you see, by going back one notch we have spirit, which is more pure and innocent than those inside bodies in your world. How is this you ask? Merely that the spirit which is advanced and innocent in its simplicity, is unscathed and has to learn how to walk in a world of lessons

now to walk in a world or lessons.

If we evolve from insects to humans and then beyond, do
we at some point come around to being insect again?

It is not your body that evolves but your spirit. Your spirit uses a body as a means of carrying your spirit through a life in order to learn lessons. Let us take your spiritual advancement during this level of consciousness. As it learns and matures it moves higher if that is the right

learns and matures it moves higher if that is the right description.

At the start, or near the start of your present level, you were in the body of an insect. Then you moved up the

scale through fish, bird, animals and then man in the human form. The lessons you learnt in an insect have passed so that now you are learning lessons in the body of man. You can remain static because you haven't learnt your present lessons, but you cannot go back more than one level. So you cannot return to be in an insect. Time nothing with respect to your cathly life, but your spiritual advancement is as on a ladder of progress and is measured accordingly.

When I gazed into the eyes of one of my particularly exceptional dogs, I felt very strongly that there was someone in there. What was his special quality?

Some animals are placed in your world with certain people as a comfort or protection. When I say some animals I mean merely that the animal will allow spirit to manifest itself at some times. This may sound complicated to you. Let us take a family pet as you describe. The animal is like any other animal in appearance and behaviour, yet it will allow spirit to take over at certain times to give a message. You gaze into its eyes and you recognize either the spirit of a person you knew who has passed over, or a spiritual presence that is there but you do not know specifically. It is no more than your guide being with you and you long to see it. You ask your guide for help, consciously or subconsciously, in times of sadness say. You look into the eyes of your dog and you see a loved one from our world who will give you comfort too as well as a look of understanding. The animal itself is two things. A spiritually advanced animal in its plane of existence, as well as being possessed by another spirit at various times. This makes one very spiritual animal. You know. You have seen it happen.

Is it feasible that a person can be an animal communicator and how does it work?

Now this is a difficult one. It is easy for all people to communicate with animals on a natural flow of their own spiritual connection to the spirituality of the animal itself. Say, mind-to-mind or spirit-to-spirit. However many people try too hard and say that they have this connection when in fact it is not a natural flow person to animal, it is the person trying and the animal maybe not connecting at all. But you must know that the animal is in fact a spirit, sometimes more pure than yourselves and that animal is placed in your path to teach you something. But that animal is rare. Not all animals that a person comes in contact with will have that same connection. It is more like a spiritual connection that comes about once or twice in your lifetime. Sometimes an animal is placed to help through a crisis or just be there to add a comfort to any situation. Sometimes it is a planned existence with a spirit to be there at a certain time in your life. You connect to the animal, their spirit to yours. In order to read them you have to be attuned with them. That is important. Like people, some you want to talk to, others you are not necessarily interested. You ask if it is person to animal or person to spirit guide to animal and I say to you that it is not. Spirit is involved, the animal's spirit to your spirit. I talk to my link on earth. Aleisha, spirit to her spirit. With animals being on a different level of consciousness, then it is the same. I have told you that spirit will inhabit the body of an animal and that is what is happening. Spirit is the animal and it is that which connects to your inner spirit in order for you to be able to read or talk to the animal. A dog does not bark and through that bark you interpret what it is saying. No. It is the unspoken spirit of the dog talking to your unspoken spirit which talks and then a communicator would speak or write it in your human form.

During a lifetime, could one animal connect with me, then die and come back into my life again as some other onimal or person?

Not really. The animal will pass onto the next plane of existence. Not always of course. But if the spirit of the animal is so far advanced that it can connect with a person spiritually or a non-to-one, then the apritually of the animal is advanced. Having been so, it will move on. probably as a human, but of the lower spiritually aware type of person. Now if that new soul in the person realm comes back into the life of a person who it connected with as an animal them it will be only be as a basinal, them it will be only be as a basinal, then it will be only be as a basinal them it will be only be as a basin the only and the office of the original person will not detect if as a spiritual connection.

Do our companion animals help our spiritual propression?

I will not say to you that this is always the case, but more that if the connection is right then yes they do. They can be sent to you for many reasons. Perhaps someone you were very close to who has passed over to this side will sometimes enter that animal to be with you or to comfort

you. This spirit does not have to be with the animal all the time. It comes and goes, so to speak. The animal has its own level of spirituality, but is sometimes placed with you so that other spirits or guides can manifest themselves from that animal. That is all.

If a person does not particularly like animals near them, does this mean that they are not too spiritually evolved?

Not necessarily. It may mean nothing more than they have been frightened by an animal when they were too young to remember, their mother was frighten when the body was growing inside her or the person may have brought over a fear from a previous life. But if this person made an effort to get to know an animal, asy a dog or a cat they would be anized at the undring, affection that this animal would bring to them. All animals love unconditionally and that is the most important thing. Even onethat is ill treated by its owner will still stay with them and rarely do they run away because they are not happy.

## Chapter Thirteen

#### Karma

"The laws must be kept only if you wish to advance"

#### Please explain Karma

I use the term Karma in many ways but each time I use it. it refers to spirituality. Karma is your advancement of spirituality. You have what I will call a file of you, which is attached as a record of your progress; just like a doctor keeps one of your medical health. If you can imagine that your karma is your record of progress that is probably the best description for you to understand. As well as this you have laws of karma, which are in fact the laws which you must adhere to in order to proceed within the realms of spirituality. So let us take your path on this plane of existence and your advancement in it which is brought about by the passing of tests so to speak. You have to experience and act correctly for very many aspects before you have learnt the truth and the way of understanding. Some people spend many lives coming back to your world in order to perfect one aspect. You cannot advance unless your own karma is correct. In that I mean that your karma is perfect so to speak. If you take your spirit and tell is perfect so to speak. If you take your spirit and teil yourself that the progress of your spiritual advancement is your karma. perhaps you will understand. The laws of karma are the laws of spirituality. To advance you must perfect your own spirituality or karma to perfect these laws. You in your life on earth think that you have the power to disagree with some of the laws and you choose not to do them in your life. You say, well I will deal with

that aspect later on. I will say to you that you should wish to learn to develop your spirituality in this life and learn as much as you can so that you can advance and not come back to another life. That is not the purpose. The purpose is to be altogether spiritual in all that you do so that you are considered to be full of love. Many try and many do

are considered to be fill of love. Many try and many do not visuable of here in the control was been do not be same path by to imburence others. You are all on the same path by to must to that by our own steps. There are words you can say but you must not make a decision for another person if they do not ask for help themselves. Many Ilay around in the dark and many follow the light. You are in control of your own karma. You proceed at the rate you choose and so does the other person. All of you know from this plane of existence what you must experience and perfect before you can move on and it is. spirit will remember the spiritual advancement you have achieved. That is why some people are spiritual and are receptive to learn the aspects of spirituality and others are

because of this that you choose to take another life on your world in order to try and work through this aspect, this lesson. When you return to your world you will not remember exactly the lessons you have chosen, but your not. So you see Ishamevan is giving you the laws of karma for you to follow. If you choose to do so you will be rich in spirit. If you do not choose to go the route as I have told you, then you will not progress. You have a unique insight into the truth. I have not and will never tell you anything but the truth. You must follow the way of the Holy Spirit. All of you must do this if you want to progress. You cannot say on any subject, well I like to do this or act that way and there must be variations to the law. I say to you that if I have told you specifically that something is so. then it is so. It is not wrong not to act that way, but you will not progress. That is all. I cannot influence your thoughts and actions, but I can tell you and teach you the full meaning and reasons for our laws and it is up to you all to decide for yourselves how you wish to proceed. To be a whole person in spirit you must be learning by the laws of karma. There is no other way and this is important. So the only way that you all can learn the true laws of karma as laid down in our world is to study and be truthful to yourselves that this is the way that is correct. You cannot learn always by your books because some are right and some are incorrect in their information. So always remember that Ishamevan is always right. There is never any question about the answers that I give you.

#### Is there a list of rules of Karma?

Do you really think we have a list here which is sent from spirit and should be recited like the Ten Commandments? It is not quite like that. The laws of karma are set by the spiritual powers as the ultimate in living a life on earth.

your own spiritual development and those things which will enhance your spiritual advancement. The laws must be kept only if you wish to advance. You must perfect all the laws before you can advance and that is the whole purpose of returning continually to your world until you can perfect these aspects. You may only perfect some aspects each life and then you return to experience more and more. This is the reason why some spirits choose to experience more things in one life than does another spirit who either does not want the hardship or does not have the passion to evolve higher. Although I will say to you that all spirits on this plane know that evolving higher is the ultimate. So let us look at the laws of karma. Karma is your spirituality and the laws are those things which are essential for you to learn and to perfect. There are many laws and many aspects. Some are obvious and some are not. The rules and lessons are different to each person only in the way in which they are applied. Each person will work through them in a different way. The list as you call

it is endless. There is much you must achieve. The basics may be in a small list but their expansion is considerable. Is it possible for a men who lived a wicked life on earth to remain unrepentant in the spirit world and what happens to him if he does?

Well we have touched on this before and you are well aware that if you do not live by the laws of karma and fail to pass your tests then you will not proceed, which is the ultimate. If someone lives a life that is not by these laws and rules then they will not proceed in the realms of spirituality. But if the spirit is not repentant or rather is not desiring then it will remain static until such a time as it faces these issues and wants to learn by them.

#### Can you give us some words of understanding of the sentence-The World of Karma?

I will say to you that your karma is your own spiritual existence and the laws of karma are as such as those looked at from spirit as being the correct interpretation of our laws. So if we say to you that by doing a certain thing is accepted by spirit it is not the same as saying that there is a right and a wrong. For to say that there is a right and a wrong is not the same. There is no right and wrong. For what is right to you will not be right for another person in another situation. There are always differences and we do not judge. What I say to you is that for you to progress. and this only, you must learn certain lessons and their answers. When you have lived and experienced these things and given the correct answers or learnt the lesson in the correct way, then and only then will you put that behind you and proceed. You must do this with all aspects of all things. Some things you will learn quickly and move on, others will take you many existences and many tries and still you will not learn-is that not correct from your experience. For you personally, still you stumble over the lessons of trust and humiliation. Still you must learn. Still you must find your own way, your own lesson of karma to overcome this test

What are the whole aspects of a person's Karma? Karma is your own but the laws of karma are sent from spirit as a code of living so to speak. How to live and learn all things. If you follow the laws of karma as I have taught you and how you will teach others, and you practice things in all respects, then you will move froward in your will not beginn until you have accepted that this thing must be changed. But it is not the way of spirit to dictate to you what you must do only that you must accept and team for yourself making it your decision to move onward and change this appect of your personality.

Are the laws of Karma a reason for cause and effect?

All things in your life are the results of cause and effect. To move forward in your spiritual awareness is to understand the laws of cause and effect. By all things that you do in your life that hamper your own understanding cause of you not understanding or applying the laws of Karma. For example if you are upset or feeling negative about your life in general or your own personal worry of the day, if you applied the laws of karma of trust and togetherness with spirit then you would not fret or be upset for you would know that you must live for today only and spirit will take care of all else. But this will happen only if you trust in spirit. Perhaps you do not yet give yourself over to spirit so that is why you have stress. I do not say to you that you should not have free will and do as you please with your life. That is not the issue. What I say to you is that with respect to the laws of karma in how you deal with situations, other people and all things in your life, you should look at them from the aspect of spirituality and love and not from being so close to them that you cannot see further than the issue. Love is the essence to all things and that is the key. Spirit is love and spirit will not let you be hurt if that is not the lesson. For me to say to you if you understand the laws of karma and practice these then you are in control is perhaps too blunt, but if you understand then you will have help in abundance. If you choose not to apply the laws of karma, then you are still learning and must be shown that the path is blocked and you may not proceed until you learn the lesson of the time. When you learn the lesson you may proceed. If you spend a lifetime learning one lesson and you do not apply the spiritual answer then you will come back and learn again and again. You are in control. You choose to put a bag

have not learnt. For you to be in control of your own spirituality is to be in control of your life and in control of your path and your progression. If you are not in control of any one aspect of these things then you are not with spirit. Does the spirit world have any control over our karma?

over your head and fumble around in the dark. If you try to be in control and clever in the way that you get yourself out of the maze with a blindfold over your eyes, then you

No because every person must be in control of their own karma. Every person is alone in this respect. You can help other people to understand, but you cannot make them change their own perspective of spirituality unless they feel it is right for them to do so.

If you say there is no right or wrong, why should welive

#### by rules of Karma?

There is no right and wrong from your perspective or from ours, but there is right and wrong with the laws of karma within the realms of your own spirituality and your own spirituality and your own spiritual advancement. You will not be pushed by spirit for doing wrong. You will know the answers to all things from words from spirit. Ask and you will be told. If you choose to go against the words which are being spoken by finding explanations by which you can justify your actions, there is no one who can answer for this except for your self in your own spiritual advancement. Cannot you see that your advancement is in your control only? No one other unless you choose to listen. Always you have the control. Always you have the control. Always you have the answers because they are being told to you kisten. You have the key.

#### Do we carry over karma from life to life?

We carry over our spirit, which is always the same spirit in any life. Your karms is that which you have tachieved. Good of bad, in your spiritual advancement and that which you are going to achieve. So you see you always progress with your karms, I you look, at it that way. A person in a with your karms, I you look, at it that way. A person in a karms, or appears to do so, will return to the spiritual world and will see that this was wrong. When it is sent back to your world in the form of another body to relear the lessons and the frustrations that it do not deal with by the laws of karms in its last life, it will not have the bad karms to the exerts it did in its last life. But the spiritual returning will know from having been in the spiritual word between invest that it did wrong and this will control the total control the total control to the control that give it is faced with more lessons. If instrations and tests. It is the way that it deals with that give it good marks so to speak or bad if it repeats its errors again. If it does so then it could appear that the proving that it does so then it could appear that the proving that it does so then it could appear that the proving that it is a difficultione to describe. Do you understand?

What is the karma connection between morality and spirituality?

For me to say to you those morals are a set of laws, some from spirit and some that you have given to yourselves to live by as a code of ethics. You must have laws of the land and of the people. For this to happen and for you to live a good life then you must have morals of what is right and what is wrong. A path of understanding that you set for yourselves to live your life in a good and trustworthy nature. But your spirituality is not quite the same thing. Your spirituality is yourself as I have told you many times. It is an advancement that you have learnt by hard achievement what you have become to what you are today. Those people who have not learnt have not advanced in spiritual terms and that is obvious because of the way they behave. I could say however that a body that has a spirituality that is poorly advanced may in itself have low morals. It is the learning of spirituality that makes it necessary to have strong morals of how to behave and treat others

I would like to know if those who lived 2000 or even

4000 years ago had the same lessons and exams to theoretically pass in their lives as we do now in the 21" century?

century?

For the development of the spiritual learning there is no time. It doesn't matter when you line. You have to learn to the most offer the development of the spiritual to the spiritual

## Can you comment on right and wrong?

It is also interesting the comparisons which will be made of my lessons and the comments of others that have written the words of so called spirit entities and their opinions. You also want to know if spirit is always right when it speaks, or whether it can play games with you and decive you. Well Ishamevan does not decive you. Well Ishamevan does not decive you. Well Ishamevan does not decive you. Well all about rights and wrongs as seen by spirit for actions by man in your world. What is right and what is wrong? There are no rights and wrongs as I have told you before. Shall I slow there's to say, No!

will not because you are all confused. How can there not will not because you are all confused. How can there not be rights and wrongs when I say to you that if you do something then it is not marked highly when you graduate? There is not fie line, it is simply that you are all free spirits to do as you please and are all on a path of learning where you are faced with choices, decisions and tests. If I say to you that something is wrong in your decision making on earth like say only the work of the decision making on earth like say to you that it must be your decision and it is the decision thay you make that is. judged, so to speak. What is right in the eyes of the Holy Spirit for you at that time making that decision is not necessarily the same as being right or wrong for the next person. But we do have very strong laws of karma even so.

person. But we do have very strong laws of karma even so. If you commit number for example, we cannot say that that is swrong. We cannot say that this is swrong. We cannot say that it is right either. That may be in the case of the c

consciousness in as much as you will not advance, it may not necessarily be wrong at the time for you. What I am trying to teach you are the insights of our laws so that if you follow the teachings of Ishamevan you will not be in the predicament of other souls who have not had this advanced advice from spirit and are not aware of either that we disapprove of certain actions, or that their advancement will be curtailed if they do this action. You will know that many people in your world do actions which they can justify to themselves. Even murderers can sometimes justify their actions. Until it is pointed out to them the risks they are taking with their advancement then they are oblivious to the cause and effect. So many people on your world are not aware of a spiritual plane and it is not until they return to this world that they are horrified at the things that they did which curtailed their advancement. In your world you do not see that the main thing about your having a life on earth is to learn and advance as quickly as possible. This is the main consideration here on a spiritual plane. But you do not see this until you return. So you see from here I cannot say to you that something is right or wrong from your perspective, it is your choice and your advancement is in your hands. What I can do is give you the unique insight into what spirit expects. The answers to the test papers in advance of the exam, so to speak. If you believe in the words of Ishamevan you will know that the answers are right. But the choice is yours whether you heed them or not. If you do not do so spirit is not angry and will not say that you are wrong in not taking them, but spirit will say to you that you are a naughty pupil and must stay in the classroom until you learn the

If I choose to ignore or act against the laws of Karma, will I be punished?

lesson

Let me say to you again that there is a time for all things. Maybe when you die of your body and return to this world you will say that the time is nigh, but not necessarily so. For when you return home you should be doing so having learnt many lessons. If you have not learnt any more than you already knew spiritually when you returned to your world, the time would have been spent only as a pause in a period not as an achievement which led to advancement. So you see If you know the answer from spirit and you not act, then you are going against the world spirit. Is that under any circumstances good, do you'd nich' For you to know and to pass on the information is a wonder in strengt. Why would you not want to lear? Lowe why it is comprehension, but if you are to ignore the fact, then you are to pause in your development.

#### What Karmic lessons do I have in this life?

All lessons you have not addressed before. Every one of you when faced with a decision net stew till have a karmic lesson. For all situations there are decisions, pleasant or unpleasant to you for all three decisions there is a karmic lesson. For every person you meet then you must react to them in one way or another. Helpful, pleasant, rude, aggressive, there are many ways to treat people. At the time that you do it, however small and significant them there is one way or another; and all significant them there is one way or another; of it is a decision. For this reason there are many ways and many lessons. I cannot here are many ways and many lessons. I cannot reason there are many ways and many lessons. I cannot reason there are many ways and many lessons. I cannot reason there are many ways and many lessons. I cannot reason there are many ways and many lessons. For this cannot have a support to the control of the plant of the control of the control of the plant of the control of

through and little ones which crop up all the time. See you an over rost any myor For all you are in control to set as you want or see fit. Almost always the effect on the cases you want or see fit. Almost always the effect on the cases of one reaction will lead to another and another. To learn many lessons is possible from the effect of the cause of your reaction to one situation. Even if you maybe turn away and don't get involved in a situation, you maybe have worse reprecisions from people, the effect than if you treated it in a different way. So the list is endless as you will see.

If most of our troubles are brought about by our own free will, are these punishments because we have broken the laws of Karma?

I wouldn't say they are punishments, because there is no such thing, but they could have a reaction of one thing to another as I have explained. If you apply the rule of cause and effect to most things in your life you will perhaps understand that the thread leading from all situations is nearly always a very long one. For all actions, the cause, there is an effect which ripples through many secondary situations and affects many more people than you would initially realize. For all good things you do it could be described as shedding joy to many people. But for the bad or the negative things, then people may react and then you have set up a chain of events which gets bigger and bigger. Some day someone has to take the effect which then becomes another cause to break the chain and start another list of lessons for people to follow. Does one action cause the effect of another to be played back? Invariably things do sometimes turn around. In your world of course, not

If my karma, my spiritual file of progress, is bad in some respect and I learn that lesson, will this point be reversed?

Yes your file, if that is a good description, can be updated as any time. Sometimes it gathers so much dust that judge open it is a big thing. You may have taken many lifetimes when there was no change in what you learnt or achieve and then suddenly your spirit decided that it was time to tadderes many things in a particular life. Then on return that may be a superior to the propersed with your observations or spiritual achievement that file noy not be changed to match your own advancement. You are rither in Karma sa resoull.

#### Can we work on overcoming our past bad karma?

During all existences in the world of spirit your karma is being analysed, if that is the correct description for you to understand. Before you return to your earth you must decide what you wan to learn in that life. Your bad decide what you wan to learn in that life. Your bad keep must be addressed and you decide what things need to be changed. So the work at overcoming your bad karming and the sinitiated at this level. Your lessons to do this are mapped out and off you go again to another life.

Do people of other religious beliefs also experience karma?

You all experience the same. Some people choose not to

address what is expected or that there are laws of spirituality that govern all things you do whilst in a body in your world. There are many temptations and ideals that man has set for himself that although they appear to be logical and acceptable for man are not necessarily anything in comparison to what they should be from a spiritual perspective. You must dissect one from the other and see them for what they are. There are many religious belief systems, but I will say to you that whilst all of them go back to one source, a god or overpowering force in whatever word the religion has for it, that basic fundamental element is now lost. All religions have a path from the source which go off in various directions and tangents that it is now difficult to sometimes see that they all started from the same basics. One believes something whilst another sets a completely different set of ideals. Yet all are only variations on the same theme. That is why I

say you should go back tobasics and start again. Do all people have karma? Of course they do. It's just that many With respect to karma, is it true that what you send out comes back to you?

refuse to see it.

Yes this is true. If you are spiritually evolved then you will not have the same amount of things sent back for you to review as if you are a novice in the school of learning. The more advanced your understanding, the less questions you have. The newer the pupil the more things they send out that are not perfections. These imperfections come back repeatedly to be reviewed in the hope that they will be

#### seen for what they are.

# If parents have bad karma does it have an effect on the karma of their children?

You lam from everyone you meet on your path called to learn from everyone you choose before you return to your world and this is done for many reasons, one of them is the solution of them is solution of them is Sometimes. Sometimes are solved in the solution of the solution of Sometimes and the solution of the solution of Sometimes are solved in the solution of Sometimes and the solution of Sometimes are solved in the solution of Sometimes are solved in the solution of Sometimes are solved in the solution of Sometimes are solved Sometimes Som

### What can I do to remove previous negative karma?

Leam by the very fact that they were negative. Turn them around to the positive and in doing so they will become around to the positive and in doing so they will become the answer to lessons. For all things you observe or that are presented to you as challenges in your lives there are two ways you can deal with them. negative ropositive. You will not necessify see that these are routed in your own karma and have been brought out for you to face and cleanes, but that is merely what they are in every situation. You must address them and not blot them out as being of no immortance.

# I have heard karma referred to by some people as a "moral law of cause and effect." Is this true? I can see how this could have come about because it is a

variation of the truth. Your karma is your record of what you have done and achieved as well at the same time being what you have to achieve. For all things there is cause and effect so in itself the two can and must be connected in some way. But it is not the sole purpose of the definition of the word. It is a lot more than just cause and effect. Whilst all things have a basic description of being one or the other, karma covers all things as a blanket rather than being a part of something which lies beneath that shroud.

# Chapter Fourteen

### Spiritual Growth

"Follow the light through the tunnel of darkness and you will see many stars which will lead you to the moon".

#### What is your advice to ensure our spiritual growth?

To be one with yourselves is the most precious of gifts and not in it is not to be taken lightly. You will have proceed with it is not to be taken lightly. To will have proceed with the advancement of your spirituality if this thing does not happen. So labamavan asks that you sty and achieve this happen. So labamavan asks that you sty and achieve this height of advancement with yourself. Do not mistrust so the high to advancement by ourself or but and a service of the process of failures. They are of no consequence at all. You have not failed your sear of no consequence at all. You have not failed your server of the service of the process of t

I find it very difficult to understand about the levels. You say there is no beginning and no end. Do souls who have progressed ever come back to this or other planets?

If they don 't, what is the purpose of all this learning? The learning is nothing more than to make you spiritual in all respects to a higher and higher degree. The lessons on earth or anywhere else are not just about learning but mostly how to be tolerant of others. The lesson for your spiritual development is how you deal with the problem of tolerance from a spiritual perspective, nothing more. If you do not deal with tolerance in the correct way of using a spiritual approach, then you will not be in possession of overcoming the lessons of tolerance. You ask if high souls come back to earth or other planets. It would depend on how high they become. From your world, you pass to this plane of spirituality and back and so on. When your soul has matured through learning, then you move to the next level and so on. Worlds, which are used as classrooms, are only on the present level of learning, not on the next 7 stages. For them there is another concept. The whole purpose of your spirituality is to become higher and higher until you are the white light that attracts the moth. The moth does not question the light; it just knows it must be there. But the difference is that the light destroys the moth, but the light of spirituality purifies the soul. The soul has a purpose to want to be purified, that is all. If only you could remember the purpose you have from this plane of understanding none of you would ever, ever do anything that is not without spiritual intension.

As perpetrators of harm to others during a life, would we set ourselves up as corresponding victims in the next life? Yes, your teachers would advise you that you must observe from that perspective the way their victim felt under you as the perpetrator. It is not punishment, but has to be done for observation of this lesson. The lesson cannot pan out without this being done.

Would you agree that a soul progresses by trying to overcome all negative emotions, especially fear, through many lifetimes? Can a soul return home bruised and hurt because of this and how is the damage repaired?

Negative emotions are lessons, which are given. The spirit, dependent on their advancement, has the power to play out dependent on their advancement, has the power to play out the lesson and overcome the emotion whilst on carth. I have told you many times that greet, firststation, anger, love and tolerance of others are all amongst the long list of lessons. If one of these is given for your path for us to make sure that you have overcome this aspect whichever way it comes at you. If you do not overcome it and you return home none the wiser, then you will left brinsied, thigher guides then set you right in observing where you went worms and send over straight better to all a gazin.

If our spiritual growth is progressive why do you say we should live for today?

There is a time and it is now. For I have said to you that the time is now, many times. It is merely that today is the most important time and in this time you can perfect all of your desires and aspirations. Yesterday cannot be re-done for it has happened and is past. Tomorrow is still an enigma for it is only to be dealt with after today. If you

cannot get today always right, then you cannot hope to be impired for tomorw. I say to you all that this is the most important time in your lives. Today and only today. There is a more understanding in your world at this time and the power of spirit above people? I lives is certainly beginning to take control. It is merely a power that is drifting over you like snog, is it not. Some people do not see it until it is a real minister or better and they have to slop what they are a transition of the control in the

Other than asking my guides for help and following your advice, what can I do to become more spiritual? Many things. Firstly it is of no use asking for help, from myself or your guides, and not seeing and acting out what you are told. Still you think that the words given to you should be analyzed and only heeded if you, ye syou, think them to be correct. What you do not realize is that if you heeded them without question and proceeded in the way you have been shown, then more directions will be given to you. In one way you are shown a direction and in another the door closes because you do not see the purpose of the direction of the direction of the direction of where spirit tells you whether in relationships or far away places.

Much is written about the shift. Amongst the predictions are spiritual changes, raising earth and mankind vibrations, surges in energy from spirit to the earth, major global changes and culling over the next

#### decade What is the truth?

We have to dissect this to find the truth. I will try. Man is connecting to spirit on an increasing scale. Man is more aware of spirit in their lives than they were, say 100 years ago. This will escalate on a gradual scale until man on earth in his masses will see, hear and feel spirit, as he does not do so now. That is the shift. From man being ignorant, to man being aware. This process will happen by man learning, observing and being taught. As he learns then the door of observation will be opened. He taps into spirit and spirit makes the knowledge or shall we say the connection to spirit, available to him. These have been interpreted as a source of power from spirit to make life on earth more spiritual. This is true, but where it falls down is that man has to have the inclination to connect, or it is all in vain So spirit will send vibrations, if you like, for man to pick up on and connect and become more spiritual. But they have been there all along anyway. But what is happening is that man is progressing with his link to his past, his link to his own spirituality in this plane of existence and in as such he is becoming more spiritual. So it would appear that spirit has set a cloud of spirituality or a grid or whatever you want to call it. But in fact nothing is what it is, as with all things spiritual. You have to make the nothing work for you. When you believe that from nothing a wealth of spiritual information will come and enrich you. then you can say that you are in fact a spiritual person who is connected to spirit. How? By a string from yourself that is a line of trust and understanding that does not have any fancy name or line of passing that has to be explained. Yes there is a shift. But you yourselves are making that shift from being ignorant to being emiched by spirit. As always it is in your hands. We can put as much out there as necessary but you, each of you, have to raise your hand and take what is being offered, otherwise there are not rewards or shift from us to you.

Can you comment on a person's belief of things such as hooks in ones energy field? A person I know who claims they have spiritual understanding believes in these things.

This person is a pupil who is taking in too many classes at one time and thinking they are one of the same. She does not understand the laws of karma and spirituality to the full. She has a somewhat small amount of knowledge. But what she does have is a gift to use spirituality and expand if and I say if she chooses to do so. But what is happening is that she is not. She is taking on board a lot of untruths which are being told to her by other people and she is clinging fiercely to these things, thinking at the same time that in doing so she will become more spiritual. Of course she will not and thatis not the way to progress along a path of learning. You all have to be able to sort the wheat from the chaff. You must dismiss those things, which you feel are not spiritual, even considering from whence they came. If a powerful person says to you that to do one thing is necessary to listen or hear spirit, if you consider this to not be true put it behind you swiftly and move on. Do not say to that person that you disagree for they will not listen. Show by example the futileness of the action and how it cannot possibly be connected.

Is it true that there is a strong connection between a mother and son, but that this can be severed at any time from spirit?

Ties between mother and son cannot be broken by anyone except the mother or the son. Even then it is only damaged not severed and can be repaired at any time. But the cord as you believe it is not as such a material thing. It is merely a description of a link of spiritual togethermses. The link is what is severed by themselves. Not an actual piece of cord, which spirit decides to cut.

I would like to ask Ishamcvan about the meaning of stigmata.

If you believe in something strongly enough you have the will within you to make this suppen. You are connected to a source that enables this to take place. If you want to manifest, and you believe you can, then you have the power Sigman as you call it, is nothing more than this Whether it is involuntary, from your sub-concisous, or something that you believe to an lapper, or whether it is consecting that you believe to an appear, or whether it is strong from any general part of the three places are the proposed to the property of the proposed to the property of the p

I try to be less reactive and judgmental in situations, but for some reason I still react with anger or frustrationwhen certain people do or say something I disagree with. Is this just a personality thing, or is the source of the challenge deeper?

In order to be at one with spirit you have to rid yourself of

all anger. This is hard for you all and I will not say that it is easy for it is not. You have to work at it or trust in spirit to help you. For to work at being at one with your spiritual self will in fact overcome this problem. Until you learn to be a spiritual being in a body and not a body with a mind and all the emotions this brings, then you will still have the reactions that you would expect in everyday life. Step back when any situation faces you. Pause and consider. Look at the other person and instead of going back with anger, sarcasm, contempt or anything else, just try and see why they are as they are. Why did they anger you? What was their reason? But at all times consider that it is their problem that they are the way they are, not yours. Tell yourself that you will not let that person affect you. You will not take on their problem. Just give back love whatever they do to you. Love is the key. Love can conquer all things. If you give love, then they are totally surprised. Their battle is lost for you cannot fight an enemy who gives them love. The problem brings about emotions of attack and defence. A pattern, which has to be

In times of trouble I do not seem to have spiritual growth. Am I fighting this?

broken for it has been going on for too long.

I have told you many times that you must flow and believe that all will be well. Without your trust and your admission to the flow process, then you will be swimming against the tide and your journey will be long and hard on your body and your mind.

If you could only learn to trust yourself, if nothing else,

then all will be well. You neither love yourself nor trust yourself even though there is no reason to do otherwise. To love yourself is not to be arrogant or self opinionated, it is merely to believe that all you do is to the best of your balility and your understanding of situations at the time you make your decisions. Be at peace and all will be well.

With regard to my spiritual growth, if you have an answer that I disagree with, why should I believe that what you say is true?

You do not get the tobelieve. For all things you ask and then who do not get the masser, you will live with that answer, may be for some time, before you see that this is an angle that the some time, before you see that this is an angle that you should view from your own perspective. Maybe it is a something that you bad you thought no before the properties. The your state you will be something they have been done to be something they will be something the something they will be something the something they will be something they will be something they will be something the something they will be something they will be something to the something they will be something they will be something the something they will be something they will be something they will be something the something they will be something they wil

It seems that some children are born happy or miserable. Is this so?

We have talked before about a gifted child and the reasons for this and I will say that this is the same with a happy child or a miserable child. Each has to tackle a new set of problems in its life and see how it makes out. But at the same time the child is where it is in its own spiritual development. Some are more spiritual than others merely because they have traveled through more lessons and achieved more enrichment. The children that are more advanced will naturally be more at peace with themselves and their own spiritual instinct will be apparent. Others who are never in the classroom will not radiate such peace and tranquility in their persona. But there are often situations where the child has to act in a certain way in order to just bea pawn in the game for which the parents obely for that purpose and their acting out of the situation has been present with the players before they return to earth. It is not that the spirit is miserable, more that a miserable hild is required for that scenario.

Is it necessary to have to experience things we don't want to do?

It is not so much what you do, more how you go about doing things that is important. There are some things in your life on you reart that hay out will have to do even though you do not want to do so. These thin may be by pumpose of the laws of governments aftinger may be by pumpose of the laws of governments aft ofebral laws on your earth. You may have to do them but your spirit will not be doing them. You have power of spirit over your actions and we know what your spirit says and this is what we read, not what your body does. It is a strange combination from your perspective. But all that is necessary is for us to know your true meaning from your heart and your spirituality. This lesson if give you not from what you will do but more when you are observing other what you will do but more when you are observing other.

people and you see this thing happening to them. This thing they are doing but do not want to do. If you understand that it is their body that is being made to do this thing and not their spirituality, then you will not pre-judge them as being wrong. I am talking now about things they have no choice to do. not about people who make the they have no enote to do, not about people who make the wrong choices and go against their instinct, their guides help and intuition. This is quite another matter. If a person's guide tries to help by giving advice through instinct or intuition and the person ignores or fails to hear the advice, then the person could be said not to have advanced enough in their spiritual learning. They are deaf to that advice. However, if someone is spiritually aware and does not choose to take the advice of their guide or the Holy Spirit, then this is silly and foolish and they must be prepared to accept the consequences. For example if you told another person that if their instinct told them not to go

somewhere or live somewhere or do something that they did not feel comfortable with, then it was a message from spirit and they should not do that thing. You would be right, but it is a question of being easier said than done. Because the alternative to doing, or not doing, something may appear to be gloomy or drab in comparison than the wrong way which appears to be fun or attractive and is invariably preferentially chosen. But the lesson must be that all things that appear good may not be so and things which appear uninteresting, probably have some hidden surprise which makes them far more superior when looked back in retrospect. It is not an easy thing for you to see whilst it is happening to you, but from our perspective it is clear and casy. That is why we try and give you signals and messages on what to do. But alas we are seldon instead to or our advice heeded. If you look back on the terrible things that have happened in your life and the good that has come from them, you will begin to understand just a lattice of what 1 say. Tell the person inseed that they must trust spirit will put them in the right position if they are brave enough to late the right puth. The right path as indicated by spirit, not the right path as indicated by their mind and their logic and the properties of th

## Does laughter increase vibrations around us?

Laugher is always good in any circumstances and it is one of the things in your world which is not done enough. I will say to you that it does increase the vibrations. Laughter is love and freedom from inhibitions, so laughter is good. Spirit does connect with you when you are happy and the vibrations it brings also brings spirit help. So you should strive to always try and be happy and lively and not miscrable and sad or frustrated because you think spirit has not given you a visit. Forget the worries and just presume that your friends from the spirit world will drop in and join you at any time, more so lift is a happy time.

## Are there obvious answers to some of our problems

and if so, where can we look to find them?

I will say that you must look to nature for many answers to your problems and also to all thoughts of problems that amaze and astound you. Nature has a cycle that is identical in itself to the ways of spirituality. Watch the plant life and the animals and you will see the laws. The main problem

with you all is that you are not close enough to the earth.

How do I find peace? There always seems to be stressful situations forced on me? Peace to you all at this time. For if you find peace within vourselves all else will become easier to tolerate. It is an art and must be accomplished. You are in control of vourselves. No one else pulls your strings so to speak. You are in control of your own destiny. I will say to you that for me to observe you and all your actions is the same as you observing other people you come into contact within your daily lives. There is no difference. It is merely understanding the rules of the game. If you see others behaving in a way that you can understand, then their behaviour is easier to understand. If you give them the benefit of doubt as to why they are behaving badly in your eves then maybe they will not do so in such a way and you in turn will be the beneficiary.

Why are unnecessary things sometimes given to us as hope out of certain situations, only for those things to be taken away so that our problem seems far worse? Is it not sadistic for spirit to dangle a carrot of hope unnecessarilo?

I will say to you that sometimes, many times, situations are given to you and you will not learn. Over and over again you will not learn. You make excuses and reasons why you must go on a certain path. You give younself justification to do so, but you do not head the warning signs as to why you should not do this thing. Then in desperation we send to you a situation to make you see

that there will be salvation and then take it away. You do not see the power of spirit and what they are trying tell you; you only see your own disappointment. That is not nough. You must see that if a finding goes wrong it is for a reason, usually to teach you something you either had not experienced before or had not comprehended before. There is no difference in the test of life. You have to experience the gown wiser, that is all. For you to give you must take one step that is doubtful, but you must do it with confidence. It is not enough to walk a summy, straight path.

Those who do are losers in the path of spirituality. The man who climbs over the rocks is so much more agile and athletic with respect to coping with spirituality and all its lessons of obstacles and frustration. I talk not necessarily about you here, but about mankind in general. For I say to about you first. So about maintain in general. For I say it own for all your trials and firbulations, if you learn or see the lesson, then you have the assurance of moving forward. If you do not learn what is being shown then you remain static or move backwards in your lessons on earth. You ask me what happens with a person who has nothing but disappointments in life, even though they appear to be trying really hard and taking on life headlong in a way of perseverance and dedication. I will say to you that for all the trying to get things right this is uscless if you do not see the purpose of the lesson. There is always a purpose of a lesson. If you are doing things wrong in your life, then an answer will be shown. If you do not have the strength of your own spiritual understanding to know what is being shown, then you will fail. It will not be until you have figured it out for yourself that things will alter and this maytake a long time, sometimes many lives. But if it is shown, then it is because you need the lesson. Learn quickly and you will move on. Wail and cry and you will be static and have it all again. It is the same as a person who takes their own life because they cannot cope with their problems. What happens in their next life, they come back and start all over again. Learn. See the lesson. Face things head on and decide that you must have them to get you over that next hurdle. What is the point? What is not the point? For without the evolvement of spirit the alternative is a flat sterile life without any meaning. You are an infant that must grow into a wise and learned adult. There are no shortcuts. All who fit that category got there by their own merits, not by an easy way, having good luck or being passive and hoping that it will all work out for the best. You have to work at it. There is no other way.

What should we do to find peace?

Let there be a light. For if it shines then there will be peace for all things. But if you do not let in the light how will you be able to see. I ask you all to step book and see how dark are your surroundings without the daily light from spirit. There is dathese and there are absolves. For it is to see that you are destined, not to keep yourselves in the try and see clearly for that is the garges. It is not lose only, but more to learn why you must see. There is no excuse for it is all valuation to be understance.

Is there some advice and guidance you are able to give me to help focus my mind, as I feel very confused and

#### miserable most of the time?

Fear not for there is a truth that you must learn. If you look beyond vourself with trust and patience you will be at peace too. I say to you that you are like a stranger who has traveled for from home and is lost in a forcet of darkness notbeing able to see out of the trees to the sunlight which is always beyond the gloom. Be aware of all that is around you and look beyond your own walls of pride and misguided wisdom for the peace that is waiting to engulf you. You are at a time when understanding is asking to be let into your heart. Forget the past for it has gone and cannot influence today. Look at today as the start of a new path forward. Look forward towards a light that is beckoning you. Learn about your own spirituality, because it is within you, loving you, whatever your body contradicts your pride in yourself. You are your spirit, not your body. Learn to be aware of your spirituality first. which nobody can harm, and your mind and body second. which are of course open to all the elements of abuse and scorn. I say to you, rise above the scorn and walk from this day forward with your head held high in self-esteem at your own inner spiritual strength.

You said that if I presume that today will be dreadful, it probably will be. Are you saying that our state of mind influences what will happen? How does that work if we choose our suffering? When you are down it is only natural to be pessimistic.

Yes you do have control. You have mind over matter. You

have the will to say that you will overcome the pessimism

and try to rise above it, or you have the choice to wallow in it and enjoy the glum despair. It is hard, and not easy to achieve, but it can be done. You did not choose to act that way. This is part of the lesson. You were given the drama and the problem-now it's up to you how you act. That is the lesson of solving the crisis and overcoming all the problems.

Are we nearing a time when we will see the planet earth become more spiritual?

I think that the levels of spirituality within each nation will change. At the moment the spirituality of your world is far greater than you in civilized cities and towns would imagine. Your statisticians are only measuring the views and beliefs of the educated peoples. There are many countries with thousands and thousands of poor and simple people who have a much greater understanding of spirituality than their educated counterparts. Theirs is a natural, unabated flow of feeling and instinct. Yours is more a contrived understanding of what you are all told you should do and believe, which is not always the same thing to true spirituality. What I say is that to be truly spiritual, you must follow nothing but the words of spirit, not man. If you can meditate and feel and experience, through vourselves and your own spirituality, as do the poor people, then you will be rich. If you follow man's structured form of rules, you will be poor and not progress.

Is there a time when spirit helps us and does it do so with

any emotions?

Time I do not have. There is no time in the world of spirit.

Time is an earthly thing, no more. We do not have the element of any time sequence. For this reason from the world of spirit I can see happenings to you today and to world of spirit I can see happenings to you today and to years hence as well. All at the same time. So I explained this to you before. This is why your God or our holy spirits can grant requests to many people at the same time where ever they are in the world. All people are viewed at the same time as they are happening in whatever time. As for motions, do I have any emotions? Read my words. I try to not have any emotions? Read my words. I try to not have emotions, yet 1 do. I am frustrated when you are not three. But frustration and patience are the essences of my lesson in my relationship to you and these writings, and the properties of the prope

lack of understanding, which can be interpreted as troublesome or hateful acts. But it is frustration, that is all. We have courses here which teach spirituality and the students fluish by being told that they now have a good knowledge of the subject and have done good was. Sometimes: they are given a diploma. What are your comments?

vengeance or any form of aggression. Some spirits have

This is a difficult question to answer because I do not agree with the method of teaching. It is made too complicated and many things have been added which have made the learning progress more difficult. The findamental laws and understanding of your spirituality are simple and easy to understand. So much so that a child who has reached the age of reason can also understand to

the same degree as an adult. Yet many amongst you decide that this needs to be made more complex; the person has to understand a deeper and more complex analysis of the same thing. In teaching long and hard lessons the students achieve what they think is a higher level of consciousness and as such a deeper knowledge of spirituality itself. Your soul is your spirituality, nothing more. You must of course understand your spiritual path and your own spirituality, your karma, how you achieve what you have done to now and where you are going in order to make yourself more spiritually advanced. Much of what you are taught is correct and others are a totally unnecessary embellishment of an already beautiful thing. Yes some of them may have advanced but much of this has been their own understanding and their own version of these ideas. Those who have a thirst for this knowledge will learn what is true, discard the rest and advance. With or without the need for a so called diploma.

Is it a good thing for some people to go on these

courses?
You should all continue with your study of spirituality, but it will not benefit you to do so with a course. The things you now need to explore would not be through this teaching method. You should use the knowledge you have and take each segment and expand if further with your own comprehension. You will soon see what makes sense on the property of the p

What is blocking my spiritual growth most of the time?

Nothing is blocking your growth except your own willingness to dail those things which are set out as not being accepted. There are no grey areas. If it is said that a thing is not permissible, then you cannot change that to suit yourself. When I say it is not permissible I do not might hat you cann't do it if you choose to do so. This is just an easy description I use. There is no right ow wrong, but when analyzed later, some flange will be acted out to the analyzed later, some flange will be acted out to have been done in the same way. For these differences I say a thing is right or wrong. That is all.

I want to enjoy life and so I have set myself up in a very happy lifestyle. Will this slow my learning?

Yes. The lessons of life are not necessarily to have a good time, although it is good if you can radiate happiness and warmth to all you come into contact with. The difference becomes a problem if your life of happiness becomes one of lack of tolerance and understanding of others. Does it hurt people in any way? Do you use others for your own purpose? Are there sexual or fantasy pleasures which need to be considered for their content and do these let you merely indulge in all things that you crave, with only your own point of view as the paramount element. If this is the case, then you would be certainly doing everything in that life only for your own glory and pleasure. As such you would not be learning any lessons, so the life itself would be fruitless. But then let us look at the alternative situation of a happy life. Maybe you have a cheerful disposition. You have confidence in all you do. There is nothing that worries you because you are at peace with yourself. At all times you love and chefsith those round you, never wishing them any harm or spiritual discord. But you have a happy life and are a really nice person to everyone you meet. Perhaps then your life is not in vain. But without problems and lessons you will not always learn as much as the next person. I will not asy you don team, more that your spiritual advancement will not necessarily be at the same nace as way would merfer.

If I decided to come back to a life on earth purely for the reason of being a part of another person's lessons, is my spiritual growth then static for a time?

No. All lives you have on earth gain you points in the awards of spiritual learning. If you are part of another person's lessons, then you cannot fail to take on a large element of these to test your own knowledge and understanding of that same situation. Will not say to you that you are static whilst in that life, because that would mean that you were devoked of all emotions of the situation whilst being part of it. You learn by all you do, whether by partaking or merely observation. The actomore is the same.

Can you advise me on how to proceed with my spiritual growth from here?
You must learn, that is all. Read and ask and listen and

You must learn, that is all. Read and ask and listen and then grow.

Some religions say that a person should pray several

times a day, usually in their church. Is this necessary? If I were to devote my life to prayer would I become a more spiritual person? It is always necessary for you spend some time talking to spirit and asking for help for other people and those essential things that you need or which concern you. But you can do this in your own time not at set hours of charlest even the properties. It would like to hear you say that you were spontaneous and talked to spirit like a child does to spontaneous and talked to spirit like a child does to sharp the spirit sare what you can be suffered to the spirit sare what you call God's so you must of course show the some respect. If you were to ask me however, if it is a good idea for you to meditate at a set time each do look at things calmy reasons. It helps you to reak not a set time the can be considered in reasons. It helps you to reak and look at things calmy it gives you the peace and serenity to see new things and most of all it increases you or we sustificial growth.

## Chapter Fifteen

#### Life's Paths

"Walk not the straight road but the winding road in a straight line of purpose and achievement"

Please teach me about spirituality, why I am here and how I can learn to know in what direction to go when my life is at a crossroads.

Firstly with the laws of spirituality you must remember one thing. You are aprirt with a body and not a body with a spirit. Your spirituality is what makes your body alive. Your mind is not your spirit or your spirit. Your spirit your pain and is only motivated by your spirit. Your spirit is you, your personally and your experience through many lives, which has brought you to the stage of development that you are today. The spirit which you are, has reincaranted through many lives in this world and in each life it has learnt many lessons. If we take the whole path of your spirituality you will learn that spirit is an entity only. The advancement of the spirit to reach the highest of planes of existence called on existence called the next plane of planes of existence called the next plane of

existence from you in your world. From this plane of existence we keep returning to your world for one purpose only and that is to learn. Before we return to earth we plan our journey and know what lessons we have chosen to learn and experience. As the advancement of the spirit entity is the ultimate, many spirits, not all, choose to have lots of lessons in one life in order to learn and pass the test so to speak and move on in their road of progress in the spiritual plane of existence. This is why some people on this earth have many problems and others have peaceful and idvllic lives because they chose not to experience lessons and tests. When planning your return to earth you

lessons and tests. When planning your return to earth you do so. let us say, stating certain aspects you want to experience, and these aspects cannot be changed however much you pary to the Holy Spirit to do so. That is swiy some people on this earth who say have asked to experience humility or pain of dying, when experiencing them will sak for help and then cry because help does not come. All other things in your life can be changed if you ask for help from your guides or the Holy Spirit, but when praying you must believe that help will be given. Help will spirit you will be given. Help will be given. Help will be given. Help will spirit you will be given. Help will be given. Help will given. only be given if it is right for the law of Karma and asked for the right reason. This does not include wealth, power, self-esteem or any aspect of hatred or violence. Love is the essence of all things and all things can be conquered by love. Love is the whole meaning of life and it is the power of the spirit over all things. Love can conquer all vices and violence. You cannot break the spirit of the love of a person. If you cannot connect with a person through pure love, it is not love. Love has no boundaries and it has no

questions or distrust. If you distrust, it is not love. Love is given freely without a price. You cannot abuse someone in any way and say you have love for that person. To try and degrade the soul or spirit of another person is not love. Love can come in many forms that is not between a man and a woman who are in love with each other. Love is the

power and love is the essence of all things spiritual, whether on the earth plane or the spiritual plane. If there are questions and doubt then there is not pure love. Next. you must know about your guides. You have several guides who are with you at any one time of the day or night. Your main guide is always with you; the others come and go, as you need them. Your main guide was

come and go, as you need them. Your main guide was chosen by you before you came back to earth in the life you are in now. Also your guide chose you to be the person from whom they could learn lessons to help make up their own spiritual advancement. You may have connected with law guide before in another life and had a strong bond. Other guides have different purposes. In your case you have you grandmother as one of your guides who is there only to protect help and be with you for your prayers and guidance. She has chosen to do this work with you. You did not choose her to do so. She does so in this case with pure love. Her own advancement is stopped temporarily whilst she stays with you. She is more helpful to you from the next plane of existence (where her spirit is now) than she would be in your world where she would not be so wise and supportive to you. You may ask how your guides give you help and why so many things happen in your life that are upsetting, frustrating and sometimes

cruel or hard. Firstly, although some aspects of your life cruel or hard, Firstly, although some aspects of your life may have been chosen by you, others have no. But you may find that you have crossed the paths of other people personally. Your guides will be jed you talk to them. They will give you warnings and feelings by instinct. Sometimes if you feel instinctively that you do not want to do a thing, then it could be your guide warning you that things will not be good if you take that path. They have no other way of talking to you other than by instinct or through meditation, although you may hear the voice of reason if you ask for help or advice on a certain situation. If you choose not to heed their advice and take the path that instinct is telling you not to take, the road will be

that instinct is reining you not to take, the room sustince blocked and you will not progress in the most satisfactory direction. If you listen to your instinct, which is always and always right, then doors will open for you and you will have the correct direction. Your instinct will tell you that it is the right decision and you will feel good within yourself, even if you think this is merely because you did not do what was feeling wrong. Your instinct is your gift of spirituality. Lastly, for the purpose of reviewing the basic laws of spirituality, you must never look to the future, only today. You must never distrust spirit but must believe that all things will be right. Only in trusting spirit will these things be given. It is a hard lesson when we think we are in control of our own destiny, but this is not the case. We are in control of our own spirituality and the way we choose to use it, but our body and its brain cannot control our correct path in life. Spirit connecting with spirituality can do this with trust and belief that this is happening. Nothing else will work. If say your instinct tells you not to take a path but the alternative is grim, it is not for you to question that the other path is not correct. You do not know what is planned along the alternative path.

### How can I know if my progression is good?

It is not the time taken to progress but the progression instifed, which is the ultimate You may return as many times as you choose and not learn anything, or you may learn very quickly if you choose your path and all its pitfalls. You dichoo! You choose you path and all its pitfalls. You dich'd r choose very well in this instance because although you have hed good lessons, you have not had, neither the intensity nor the variety that was required for your progressed, more that you had reached a level in your sprintaally and that should have meant that you had reached a level in your sprintaally and that should have meant therefore you requested many leasons in this (but you perfect on to do so. So that you had reached the your progressed, more than you had reached they will not you have found that you had reached a level in your printability and that should have meant therefore to to do so. So that you have class the progress of the progress of the progress of the your progress of the progress of the your progress of the your progress of the your progress of the your progress.

My life seems like taking a journey alone in a car. I have what I think is a good idea. I take the road to this idea, only to find a barrier has been erected. Stop no entry. It is knocking my confidence often being wrong. Yes I know all you say, but you must forget all things in the world, all objects and all possessions, they are of no consequence. Look at speoch es if they are naked and all

the same. Their body is no disguise, for excryone is the same. Then think that spiritually is beyond all these things. In a way it is separate. All beings have spirit within them. It is the spirit of another, which must be respected and loved. If one person tries to undermine your decisions or choices then it is a light against spirituality itself. Now, if you choose to stop at a cross roads in a car and you choose always the wrong road which turns out to be barred, then I say to you should have waited longer at leaves the crossroads unity you should have reserved the road shead and looked for signs of barriers before you proceeded. If you be a support of you would have foreseen that the barrier was not there. If you learn and learn and forget your previous preconceived ideas, then the road will be free foreseron.

If every person is on their own path and should look and live as a single person not an appendage or a support of another, how can a married couple do this? Do they not have some form of dependence to each other? There must be giving and taking.

require. But speed along without dire consideration of all aspects and you will achieve all you require. But speed along without dire consideration of all aspects and you will not get through.

Your life is a single journey. You are born alone and you die alone, except for your guides that is. Along the journey you progress in your spirituality by yourself. Not by the words or deeds of others, for your spirituality is higher than those things. You must not have power over another person in any way. By power I mean not necessarily anger of dictatorship, more a strength that squashes the other.

You must not make yourself a burden to another in any small degree. For a person to want to do things with another that is different.

Does the Great White Spirit have an overall plan for each of us or does he just put us on earth in a certain position at a certain time and then we so it alone?

I will say to you that you are never alone. Spirit is always with you. But Great White Spirit sees all and is always with you. But Great White Spirit sees all and is always there for help and guidance and abundant love. Your journey is only broadly planned. You have the choices for help to make the choices and you will be helped. Ask and help will be given. We will open the helped. Ask and help will be given. We will open the doors for you if you ask. Do not ask for money or wealth. Ask only for what is abboultely becessary. Ask for assistance to help you with suffering. This is always given if you believe. You must believe. Great White Spirit is always there to give love. Your guides are always there to give love. Your guides are always there to give love.

# Is it possible to know if we are on the right path spiritually?

spiritually. I will say to you that if I told you that any of you were on the right path and how you can tell, then your life lesson would be of no consequence for the rest of your life because you would have confirmation of the answer. I will not discuss the exact spiritual reactions which you all have made in your lives or tell you that you did right or wrong and you will only see how you have not met the laws of our you will only see how you have not met the laws of our

world when you return home and see your life before you.

The more you develop spiritually the easier it will be by
the signs we give you to know if you are on the right
spiritual path.

I am sometimes walking the path of life and things go drastically wrong. Why doesn't spirit intervene andhelp

ma?

When things go wrong spirit is blanned, is he not? We cannot rule you file, much as we want to do so. You must still walk, your path to the end on your own. No one clee can walk for you. You must preserve and reach the end. If you deviate another route or sit and wait for the days to go by without nationing any progress because if feels better to have a good time and not walk the road at a steady pace, then you will not reach the finishing line with the company of each other and the praise and accolades of the spiritual leaders who will wait for your homeoning. We rejice when you come home, even more so for those of you that graduate with homes. For those who do not entity and have a good time, there is no jubilation, for they must walk the road asain.

Why won't you tell us about the future and our paths?

The future is there but it must not be penetrated with your psychic ability. The future is our mystery to you. It is as if you are making a journey through thick fog so that you cannot see. There is much around you in the fog that is invisible but you can hear if you listen. So let us take for example, you are making a journey but you know not

where. You ask others on the same road, where does this road go? Where will I be tomorrow? And the other people will say to you that eroad goes on forever, it is you to you where you sop, or rest or whether you go on to the end, road, so here on the well to the proof of the main road that you can take, so how can saybody tell you where the road goes, and how long will it take? They will tell you that it will depend on how far you go. Life is a road. I cannot nawer the questions about you; journey altogether. I can probably answer the questions about they income any after the proof of the journey that you are not at this time, but that will have for the journey that you are not at the time.

not help. I say toyou that you all must live today with no thought of tomorrow or vesterday.

So perhaps today is not good, but that does not mean that tomerow will not be fantastic. What is planned for tomerow vis unique to you and can be beyond your wildest dreams and against all thoughts and perceptions of its entirety. Tomerow will change because of today to become a new entirety with a new dawning. The sun rises and things happen to you and the sun sets and those things and better than the sun rises again with other things. Whatever happens, and however you worry, soon as sunset those things will be better doubt things of today are never in front of you tomerow. Today's bad things are done and done is gone. Tomorrow you may face another set of bad things, but they are as new as the day, they are not the same as years from the same as years from the same as years as new as the day, they are not the same as years they will be the same than the same as years and they are same as the day, they are not the same as yearstay, I would like

you so much to comprehend that essence which is now and that essence which can be changed by your own actions

and misdeeds. You can react to things in as much as you can make them become what they were not. A small thing which you think is large only in your thoughts, can become large and then larger and larger. That thing small and you have made it big. Then for the big thing to grow it is not difficult for it to recede is difficult. For the small thing which startly to grow it is not difficult for it to recede when spiritual understanding is applied.

In times of doubt what would you say to inspire us to keep walking the path of life?

Place upon your feet the shoes for walking and you will be inspired to walk. There is no simpler explanation than that. If you set yourself rules to walk, then it makes the journey much simpler. You must know the way and the direction, is that not true? Then you are inspired and have the determination to take the journey.

How do we know which direction to take? Is it all guesswork?

There is no direction that is correct. I must say to you this thing, For you are not not proved in a semi-direction and in as much thing. For you are perdicted. So let us look on how your life it will change not only by yourself and series of your decisions. Su will change not only by yourself and affect you. Say you are on the right read, then you will be upper but of your decisions. So will be upper but will be upper but on the right read, then you will be upper but on a road will be upper but made your direction. If you are not on the right great part and then the actions of others may made you undecided not and then the actions of others may make you undecided not such that you will be upper but which you will be upper but when you w

right road and that you must proceed in the direction you have chosen. I have told you many times that you will see many people on your journey but they must not stop you or slow you down.

How can we stay optimistic that we are progressing along the right path?

The challenge of the day is to say in peace that all will be well. You have no power to unfold the mysteries of life that are vet to come. Only must you wait as I have told you many times. If all does not seem good, it does not mean that things will not be good. For you do not know the plan, or the path of yourself or of others. For you can play a part as can they, but that is all. The person has mapped their path and now they must have the wisdom and judgment to follow that which is planned and ordained. You see when you are living a life on your earth you do not remember the plan nor the reason. That is the test. It is a battle of wits so to speak. You must guess or by your wisdom work out the reason and the path. I have told you that there is a reason and I have told you that there is an answer. That is all that you need to know if you follow this advice and flow along. The fact that another person is not aware or does not choose to follow the advice that is being told him by his guide is not reason foryou to take this problem on board. It is his test. You may help perhaps with the answers to the test as you see them, but you will not know that these are correct. You can assume that your judgment is good, which it is, if you choose, but you are not in a position to give an answer. Only the other person can find their own answer. It is hard I know, but it is as it must be.

What should I do when I see others go in the wrong

direction? For example, taking drugs, drinking heavily all the time, marrying the wrong person, all of which will change their lives dramatically and send them off in a different direction from the path they probably should be au 7 For your insights that are true, you must do nothing to make them true. If they are ordained they will become as one, the two as one, without the interference of any outside force, except that of the spirituality that is around the situation and themselves. The path of each is one and the one path is in the direction that is intended. But before the path is the rocky surface and the deep waters which must be crossed and then the rising from the depths from the oceans of turmoil will emerge with the pressure of the day washed from their bodies. The embracement of the situation is beyond the understanding of either and beyond the expectations of the one who is the problem between this happening at this time. It is better to have loved and lost than never to have loved at all. But to have loved and lost and loved and found again is the utmost of all things that are spiritual. For a person to be whole in spirit in your world with another who has never known any difference is not so aware as the other person who has never known the pain of loosing. To loose you are more aware of being found or in finding than if you never lost. To have and to hold is to be relaxed in your complacency. To have loved and lost and pined the lost is to find and be more grateful of the find than if that person was never lost. It is the law. It is ordained to be so. To connect in spirit is the only way of the truth and this must be remembered in all times. What do we do at crossroads in life? Just hope the

what as we as at cristrodars in type? Just nope the adecision and new road is bear?

Believe in all things at this time, for I say to you that anything is possible. The changes and cross directions are happening, are they not? I say that there will be many to resorated and you should therefore be aware of your sense of direction. It will not fail you. Others around you sense of direction. It will not fail you. Others around you then the property of the prope

From your previous tesson to me you said spiritually I am on a journey of my own and with no appendages of other people. Could you explain this? I is your spirituality that is on the path. You are experiencing the life on your world to learn the lessons. Other people will come into your life but not your spiritual path. You are on your own in that respect. When I said no appendages I meant that the spiritual path of another persons in your your. You are on your own, Yes you have other people that are with you in body and some in spirit too, but your spirituality is individual and therefore only

other people that are with you in body and some in spirit too, but your spirituality is individual and therefore only you. Do not let any other person invade that sanctum. You often mention our progression. Is this the same as keeping to our life's path or do we progress even if we go ground in circles? This is a thing, which you will push away as being of no importance. But the progression of your path must happen on a daily basis. It must be adhered to so that there are no lapses of time. In this I mean that you must see the progression and watch for the signs. If you are clever you will progress much faster.

But can I ask, if I am to progress why do you all in the spirit world allow me to have so much turmoil in my life so there is no peace.

If you can learn in turnoit and survive then you can face all things. Many litting at learning the same time. I know that all things. Many time to be otherwise, but I say to you that if you out if to be otherwise, but I say to you that if you out of the creates into a confortable life, first lyou would not reclaim to a confortable life, first lyou would not be coplinged to help others as you must any you will not be coplinged to help with them either. For the more you rest the less you will be inclined to work hard with other people. As it is now, you are busy and all things set fitted lin, do they not.

You always say we have freedom of choice, yet you say that we chose our path, lessons and death before we returned. Surely that rules out the choice. It must be such a fine line to walk the path if we have choice to do otherwise.

Yes you do have choice and it is the choices sometimes that you make that also cnirch your spiritual karma. Let us say that you have chosen some lessons of behaviour like tolerance. When you reach the lesson in extreme testing, then you have the choice to learn or the choice to walk away. Just because the lesson is chosen does not mean that you will necessarily choose to take it when the time

comes. If you understand spirit, you will, purely because you know the lesson for what it is. If you fight, get angry or be abusive to others who are around at the time without really being in the way, you are definitely not listending tearning. So you still have choice, but not points for the lesson. It must be taken again and again and again if necessary until your free will is using its spiritual learning to say that the lesson is important to learn. That is all.

#### Why is it that there is so much to do?

well?

You must clear the way and look at it only as hurdles on the road. You never know if this hurdle will be the last. At the side of every one your guide is there watching and wating. But you seldom fall, for you get up and over will case. You are tired but you fall very little. There is not much that you cannot tackle, is there not? You are experienced in most things. You are nearly an expert on problems and uppers. It mike you could tak very well on problems and uppers. It mike you could tak very well on the problems of the problems of the problems of the search of the problems of the problems of the problems of the search of the problems of the problems of the problems of the search of the problems of the problems of the problems of the search of the problems of the problems of the problems of the search of the problems of the problems of the problems of the search of the problems of the problems of the problems of the search of the problems of the problems of the problems of the search of the problems of the problems of the problems of the search of the problems of the problems of the problems of the problems of the search of the problems of the problems of the problems of the problems of the search of the problems of the pro

Surely, it is not still necessary for you to have me experience things over and over again. Have I not learnt

Actually you are not repeating the lessons. They are all new with a different twist. You are progressing forward, but you are always impatient and cannot see that the rate is faster than you feel.

With regard to what we are all going through in my

## family at this time, is this just one more of your endless tests?

Yes. But the test is for a reason. All tests are for reasons. You do not how that the tests, but you do not know the cred result of the reasons. Sometimes you have to have a butle at the crossroads to be pushed down a different path. Sometimes even though things appear bad they are in fact stopping something worse happearing later on. If the procedure had been allowed to go on as before, the pain and the suffering later would have been worse.

Why is it that sometimes we are forced to go in a new direction?

Let me look closely at many things. For I am with you am I not in all the observations and happenings. I would say to you to try and find the deep down answer of how things propel you in a different direction, for that is important, Try and see further than the happening as it is now. For to look back upon a situation many years later is to realize what has been achieved that would not be so had the crisis not happened. It is imperative that this be applied at this time. For to be at peace there has sometimes to be a storm to be ridden out. For the rain, there is a rainbow when the sun shines through. For the most horrendous of all situations there is always a resurfacing from the depths of despair. Some things will never fade, but you will get used to them being there. The situation will become familiar. sometimes so much so that you do not see it as the horror it once was. So be at peace, all of you, for there is a rainbow just starting to happen.

What can I say to others to get them out of any current static situation?

Time to say nothing, Actions speak louder than words. So do and do not speak. For that is the answer. If there is a way then it will be shown, It is not for you to see what will be shown before this happens. The pains is there, you must walk that path. For if there is a meaning for the way, then I say to you, there is always a meaning to every correct path. I can only guide you, it is very hard. You must must to you instinct. If your instinct IT your instinct in any way is doubtful, then the malt is not possible.

Is it right for me to try and lead people to a certain path when they are in fact ignorant to the end destination because of lack of knowledge?

To teach a person about spirituality is giving them the tools of understanding to make their rown decisions andapplications of solutions to problems in a much more confident way. For the novice in the space of time there is an essence, which is comforting, is there not'l I say to you that the progress is less than the journey at this time. For the walking of a straight line from A to B is nowhere as conforting as seeing B from A of beings not of that line of construction purposes. If there is an element of construction purpose. If there is an element of construction purposes. If there is an element of the properties with spirit of their guidee that is lacking the than teach them how to inset their guide to answer their directional questions.

### How should we walk the roads of life?

Walk nor the straight road but the winding road in a straight line of purpose and achievement. See not the bonds and the curves, which lead you to the unknown. For you must face the unknown, for you must face the unknown, for you sour that the unknown for you to unserth, are there nor Pal you forget and you say that you will not be in touch with them when they happen. I know many of you say that you have the knowledge and you can easily have the straight. So walk further than the part of the p

# Why am I getting so many frustrating trials and tribulations in my life at the moment?

For all things good there must be a path of rocky stones to walk over too. For the good things there are tests and these are the rewards. For bad things they are for reason and that is good not bad. For all tests there are lessons and for all elassons there are answers that are there to observe and learn by for your own development. You have the good, you learn from the bad. Your good things are many. You must make allst and see how many they are. You are externely lucky in the love that abounds around you from many people in many ways. You are well protected from spirit too. But spirit camed vails your path. Spirit can help spirit too. But spirit camed vails your path. Spirit can help spirit too. But spirit can be transpired.

you to walk the path of your chosen direction and whisper in your ear when you come to a crossroads and are uncertain of which way to go. If you learn to listen, you will proceed well. It is not up to you to look out into the distance and say that you see that the road is perfect and that road is not. You cannot see around the corners and that road is not. You cannot see around the corners and that road is not. You cannot see around the corners and that road is not. You cannot see around the corners of the corner o

observation to understand the behavior and situations of observation to understand the behavior and situations of other people. By doing this you can actually change things happening because you merely understand why and how they have come about thow do you dails: "will tell you." They have come about the wind you do they have come about the wind you do they have come about the wind you have sent period through many existences to become as advanced as you are today. This is important. You did not just suddenly become as you are how you feel sprittually and how you know and question. So you as a spirit must now learn to connect with other spriits. Not other people, all people and people have a database for want of a better word and this database is also brought about by the experiences of other existence's and their spiritual advancement. These people or spirits of these people do not have the same database as your own. They have experienced different things and may have learnt by them or may have not. You are all different. When you have learnt to take one step back from a

situation and observe this will be much more beneficial to you. Stay calm at all times and imagine that you are watching a play on television and are trying to work out the plot and who the murderer is in a detective thriller. So you stand and you observe and you learn. Look at the person and try to pick up his or her reasons for behaving the way that they do. Why are they doing so? Feel the answer. Do not try, You will know that perhaps the spirit of this person is working his way through other problems and his tests. He may no yet have learnt the answer to his secent pictal but then it won't be You must just left him work through it until he has made the right move and opened the right door, which shows that he understands the lesson. He may think he understands now but only when he is approved from spirit, so to speak, will he move

opened the right door, which shows that he understands the lesson. He may think he understands now but only when he is approved from spirit, so to speak, will he move on. Every person has a reason to themselves for behaving in a certain way, whether it is a murderer or a rapist, all have a reason for doing the things they do and these reasons they tell very convincingly to others. But they are not necessarily right or can show that they have learnt the lesson that they were given, which they are perhaps trying to escape by taking the easy way out and then justifying it to themselves. For the people who think they are right in behaving the way that they do, watch to see their rewards. If the rewards are given, then they are right. If you observe that the rewards are there, or you think that they are with say for example material rewards, I would say to you that you have missed the point. Rewards are not material. Rewards are one step more on the path of spirituality, that

## Chapter Sixteen

#### Healing & Healers

"Through your hands and your open channel comes spirit with the power to heal"

Why doesn't spirit heal the sick directly without being asked? Why use a healer. Why can't the patient just ask themselves for help? After all that is what they trust the healer to do?

You answer your own question as you ask. Why doesn't spirit held the sick? Because the sickness is one of two spirit held the sick? Because the sickness is one of two things. Either it is part of a lesson, in which case the propose themselves has to be aware of its presence and ask in specime and ask for help. Why do hen you so he last? It is speciment and safe for help, or the condition is self-made in which case they sown nothing else. They cannot see themselves as having the power to ask for help from see themselves up the safe in the proposed in the speciment of the speciment is speciment to the speciment in the speciment in the speciment is speciment in the speciment in the speciment in the speciment is speciment in the speciment in the speciment is speciment in the speciment in the speciment in the speciment is speciment in the speciment in the speciment in the speciment is speciment in the speciment in the speciment is speciment in the speciment in the speciment is speciment in the speciment in the speciment in the speciment is speciment in the speciment in the speciment is speciment in the speciment in the speciment in the speciment is speciment in the speciment in the speciment in the speciment is speciment in the speciment is speciment in the speciment is speciment in the speciment in

A clairvoyant told me that I could be a healer. Is this possible for me?

Everyone has the power to be a healer. But not everyone

has the power to frust and understand enough to be in a position to do this. You have to learn and learn and again. When you are ready, yes it could happen. Open up yourself to your spirit for it is wrise: talk to your guides because they are always with you. Trust them as you would a firtend. Talk to them when you are uppet or would a firtend. Talk to them when you are uppet or your thoughts. You are not alone. They are always with you.

### What does it take to become a healer?

I would say to you that to heal you must truly believe that you are going to heal. You are only a channel for spirit to heal. You do not do the healing sourself. So you ask the Great White Spirit for help in sending healing to a person and then this is given if it is right for that person to receive healing. It is not always the case. Sometimes the person has chosen to suffer in this life and their spirit does not want healing sent. Sometimes the person is to experience the long process of the breaking down of part of the body healing will not be given to the body because it is not right that it be healed, Buy you can ask for much as you like but that it be healed, Buy you can ask for help to give comfort to a person that is ill and that you can help them deal with their suffering, that is a different thing. So you want to

heal someone. You ask Great White Spirit for help to heal this person or to help them cope with their suffering fit spirit thinks this is more appropriate and you truly believe that help will be given. You place you hands near or over the person, anywhere, it doesn't matter. Then you as a channels ill receive the help or healing which you have passed through you as the person who is ill, and the person that the person that the person to the area where you think that there is the health problem. You are channelling help from the Great White Spirit to their spirit, not to their body. It is the spirit which can decide to receive the help or healing from direct channelling from a higher or higher spirit, Do you understand? It is not as you drought, is if it spirits.

#### do, you ask for help and you put your hands nearly on the person and then help will be given if it is ordained that this will happen.

It is all very simple as with everything else. So what you

Do we have to learn in a special way to be a header?

I say to you that if you have the belief that spirit can heal, then any of you can be a healing channel. If you do not believe do not do it. Oo and learn to believe and when you believe then try to be a channel to heal. There are a great many impostors in your world who say they can heal. They do his for money or self gratification. It is the same to their karma which ever it is. It is not good to do this and given fails hopes to people who are ill. Watch healers and possed health in the control who believes to propose which we carecture and learn. A recross who believes

and acts as a channel for spirit to heal will not be brash or cream from the rooftops that he is a healer. He will be quiet and calm and working with the serenity that spirit gives him. He must make the sick person serene. That is all I can say on the subject for the time being but if you can think up any more specific questions I will deal with them at another time.

What is the difference between spiritual healing and magnetic healing?

Spiritual healing happens in two ways. Either by you yourself asking spirit for help with an illness by saying, take this away or make it better. Because of the direct requestyour guide will either heal you or arrange for help in this respect. Secondly spiritual healing can come via a healer. In that case the healer opens themselves up for spirit to pass through them to the patient and thus give healing. Healers are channels for healing from spirit. Magnetic healing on the other hand is somewhat different. This comes from spirit whether the person giving it is a healer or not. Magnets connect to energy fields and from this energy there is assistance to the healing process. In theory anyone can wear or apply a magnet to an injury and it will assist with the healing. To be realistic though many things about a person's belief system will not let this healing happen. No one in authority is asking spirit for the

Does distant healing work on people if they don't want to accept it?

No it does not. If they are not aware of the healing and

healing, if that is a correct description.

genuinely want to be healed, then yes it will. If they have chosen the illness from spirit, no it will not. If they are aware of the healing being sent and want the healing, then yes it will.

A famous healer has stated her beliefs, one of which says that disabled people or those suffering with chronic illness in this life are being punished for sins committed in a past life. For example someone suffering from sathma in this life may have caused another fellowman in the past life, problems with breathing. Is this true?

in the past IIfe, problems with breathing, Is this true? First of all this can be taken two ways. You all choose your suffering if any, before you come back to Iife on your earth. If you cassed distress to someone in your past Iife, you may choose, knowing that you were wrong, to experience what they experienced in you next Iife in order to work through your lesson. You are never given something as a punishment. You know you have to pass that test in order to proceed. It is your choice. You do not what to learn. You can learn you flew sood if you do not wish to learn. You can learn you flew sood if you do not wish to learn. You can learn you flew soon in whatever way you choose. The harder the Iseson, such as chronic disability, the greater your progression within the realms of your own pointual karma.

What do you have to say about names like muscle testing? Are they for real?

As with all things that are performed by man, there are

some things that are good and done by honest people and others which are performed by actors and charlatans. For this long worded name of psychic healing, we must look at it this way. A person puts their hands on or above you and the good, chosen, gifted people, will feel what is wrong with the patient or the person they are healing. They know the continuous reason of the person they are healing. They know the continuous reason of the person they are healing. They know the continuous reason of the person to the person to the person to the person the person to the person they they are pentile because you will feel comfortable in their presence. If you do not, it is your narrow vice telling you that they are not. Any person who knows your circumstances can tell your forme and make a good profit as well. I have said many times that if a person exploits the true gift of spirituality by charging, that skeen away, so muth so, that the person will have to continue without our support so to speak. He will have to continue without our support so to speak. He will have to continue without our support so to speak. He will are the person will any loss that a gift but fastely, although it may look

the same. Only when he returns home will he face the error of his ways.

Is it necessary to actually lay hands on a patient's body in order for healing to take place? Would it not be

possible to do so without sectual touching?

I will say again that this is not the preferable method.
From the spiritual perspective it does not require touching,
for you are only acting as a channel for the healing to pass
though you. The flow of spiritual benaing can pass from a
hough you. The flow of spiritual benaing can pass from a
in the same room. The bealer asks spirit for the healing
and then accepts this, which they then send involuntary to

another person. They are a channel that is all. It is not necessary that they make contact with the body of the other person. Spirit does not touch them either because spirit is not matter. So because spirit is not matter it does not require the touch.

What are your views on charging for healing? As a healer I know that if I do not charge then the person I am treating will not think I am of any worth or ability.

Healing is a gift. That is if you have the gift to heal. Many people who do so-called healing have no gift. If you have the gift you are given this to help others. There is no price on helping others from the world of spirit. The person giving healing is not the healer. The person is given the gift of opening their self up to allow spirit to pass through her to heal. They have allowed themselves to be an instrument in the work of spirit to the people who are less fortunate and need help. This can happen for whatever reason they need help. Now for those people who have no gift, they look at it as a money making venture and feel that it is right to charge others for their work. Not the work of spirit but the work of trying to convince the sick that they are helping. In many cases the sick person may believe that they are being healed and in this very act they are healed. Spirit touches them but not through the healer. It touches them through their guides or their angels or whatever they believe. So, as I have said to you many times, if you have the true gift of being used as a healer, then you must think of the patient and their requirements. not your own. If a poor person needed healing you would not charge them and this is why it must no be done. Now if the sick person feels hey want to give you money or a voluntary basis then that is another thing. You can use that money to keep you alive in food and helter for whatever is needed and you can distribute or use the remainder for the helping of others. But that is given voluntarily, that is the difference. The person does not feel that it is a requirement that perhaps they cannot afford. Then the healing is open to everyone. I do not say to you do not take money; I say do not put a prize on the work and led tothers money; I say do not put a prize to the work and tell others if you charge the rich and not the poor, then the poor feel that they are inferred and that is wome to.

I have given a healing session to a person who had great confidence in another healer who has now passed over. I feel she doesn't have the same confidence in me but she keeps coming back. I have also seen the color pink when treating her. Pleuse exthain why.

This person has many problems some which is chooses. This person has many problems, some which personal trails person has many problems, some which personal hadder was wooderful and you are not in not correct for this reason. When you had you open yournedful up to spirit as a channel to come through and heal. The person wants to be healed and so the transformation will take place. For the healed and so the transformation will take place. For the previous bealer to do this, for her to trust him and allow it to take place, resulted in her feding beater. But she to blet reconfidence and her trust, so now she has automatically put up a barrier in respect to this particular part of the body, which needs to be healed. It is her problem not yours. But what has happened is that although she has shut the door

on that aspect she has not on all others, especially her mental attitude to yourself. So she is allowing the healing to come through to other parts of her that need the healing. The pink is warm and is an indication that the healing is taking place in a different way than if you are seeing the usual colors. Pink is the color of warm acceptance. This may seem strange when she is not accepting in one respect, but is true all the same with respect to all other things. This linky is and and does not understand. She is using her illnesses to gain piny to that is why she had not the rainth and understanding to look at being healed. She does not want to be healed, but her midd will change, you

condition to worsen? If so is this a progression towards improvement or ten a cure? If not, why does this improvement or sometimes accure? If not, why does this happen?

Sometimes in order to have the illness leave the body there is an appearance of worsening? It is merely an accumulation of the illness ready to depart. This is generalizing. For every case is different. Some things generalizing. For every case is different. Some things generalizing the property of the prope

got worse when it has not. There are many concepts.

Is it normal after a treatment for the prevailing

My reply to the lady, who asked me if I was any good at curing her, was that I do not focus on any particular ailment. Rather I focus on opening myself up to enable the healing energy from spirit to reach your spirit as strongly as possible to be the most benefit for you, whatever the robblem. Was I correct in my description? The answer was good and accurate. You remembered the words of Ishamevun or your guide reminded you. But you should have added that when you open yourself to receive healing, she as the reciprocator could block the healing if she chose. Did she think that she had done this as she believed it would not happen because you are you and not the previous healer who she trusted?

Could you clarify for me please a statement I heard

from a healer and psychic who said that during a healing session she was told to take her hands away from a patient with an injured leg. She then watched as theinjured leg was lifted up, pushed about, and thoroughly manipulated. How can this happen? If a healer is treating a patient she is no more than a tool for spirit to come through and help that person with the gift of assisted healing. In the case you describe, I have no knowledge that this happened, but if it did I would presume that it was merely spirit assisting the movement of the muscles in the leg. Spirit had told the brain of the patient to send down a message to the muscles to move and stretch and relax and that was what was happening. It was self-inflicted but not because the patient was doing so involuntarily but through the voice of spirit, which they were not aware of. Spirit left the healer and entered the patient who was as an easy channel as the healer. A rare case for there are few like that

This psychic states that Healing can be extremely painful while the body is being energized, and (the patient) was in agony. Does this happen? No. This is not actually the case. The body is energized but in a warm soothing way. Certainly not agony. Spirit does not inflict agony in such a fashion. Healing will transmit a warm and sometimes tingling feeling, that is all.

# What should I do after a healing session if the condition appears to worsen?

Yes the condition can get wore, or should I say appear to get wore and during this time. It is difficult to acc any usual improvement. But the condition getting, worse is gradual, rather like a solw acceleration before the foot is taken of the pedal and it slowly recodes. It is a burst of carrey, which affects the condition that is all. I would say to you that if a patient scrams out in pain or convides or any similar action. It is the patient which is imagining this happening. Most people will be honest and say that they feel a pleasurable glow that maybe is intense before it declines, even if they tilk about it over a several day seriod.

One heeler claims to have passed messages from a very sick man who was physically silve, but whose has had was principally silve, but whose had in was in a coma, to his wife to constantly reassure her of other than the seemant processors. The says because his braid in a coma, the only way his mind energy could in a communicate was telepathically through the spirit dimension. Is this so?

Outle definitely. One day all men will be able to the bable to the says the says

communicate through their spirituality. Animals already have this power. They can read the thoughts of humans too. Strange to you all but it is a power that is yet not developed. Now let us take the sick man in a coma. His spirituality was the same. That was not in a coma. The body was sick not the spirit. The spirit was in tune with everything. In fact the spirituality was more aware than before. So along comes another spiritual person who had the gift of communicating with spirit and she was able to communicate with him just as a medium communicates with the spirits in my world. There is no difference. The spirit of this man was at times not in his body the same as I have explained to you happens to your own spirituality when you sleep. You drift away and then come back at the blink of an eve. The same thing happened to the man in a coma. The power of spirit is strong and it can happen that this power will make the body respond to recovery. Whilst he was in this drifting state he would be able to know that he would recover. His spirit would know not his brain.

A particular healer says she struggles to explain in very simple, understandable terms to patients how healing works. Could you help her with the right words to use nlease?

She has my words. She must read them and know them better than myself to always have the right words to speak. Any professor of any university of life is fully conversant in his subject. But the freshmen are not. They must such. Them, when they are as knowledgeable as the professor, their teacher, they will stand up their teacher, they will stand up the words, if that is what she wishes to do.

Given that Reiki could be supposed as nothing but a

fancy word for spiritual healing is there any relevance in using the symbols during the healing as I have been taught?

saught! If these symbols give you a structured way in which to prepare yourself to begin healing, then use them if you need this support. It is how you got to believe in where you are today. But, and I say but again, they are not necessary in order to heal. A beggin in the street who has never heard the word Relik or its symbols could heal just the could be the master and you do not not not you have the could be the master and you

How do I correctly do distance healing? Could you please guide me with regard to protection from possible interference before healing commences.

The control of the co

One evening, whilst sending healing, I saw a waving white light, much like curtains blowing in the breeze. Also a ball of green light, moving back and forward, the nearer the bigger it became. Was this anything? Spirit is a white light, we are the breeze too. Green is

Spirit is a white light, we are the breeze too. Green is growth. So what did you see? Spirit as spirit and your own growth of understanding and healing.

When practicing Reiki healing I always stand with my

eyes closed and hands raised to centre myself and prepare for the healing session. I notice a sensation similar to a shudder made by a finger going down my spine so once I get this I take it to mean I am ready to begin. Can you tell me what caused this sensation? Although I tell you all that you need do nothing to heal except open yourselves up for spirit to pass through you, I do know that many of you feel comfortable with some sort of ritual first. This is not necessary, I must emphasize this point, but neither is it necessarily all wrong. Especially in the way that you are doing things. It is wrong for there to be a lot of ritual acts and a pressure to believe that healing will not take place without them, as is expressed in some of the people in your world with respect to healing. But you ask more importantly about the feeling of spirit being with you, the tingling down your spine. Yes, that means that spirit is there with you. It is not there because of your ritual, it would have come anyway. But I say to you, that you know the way best to welcome spirit and give yourself the best start to any session. However I will point out that you have the ability to connect with your spirit by only relaxing into it and letting it happen. You may ask why it took you so long to have this feeling and I will say to you that it was merely a learning process and the time was not before right for you to "feel" the presence of spirit, even though it was always there with you.

though it was always there with you.

Are the theories and claims of how reflexology works in a beneficial way correct?

have tall you before that to open yourself up to spiti is the only thing you need. However the principals of this techniques are good all the same. For you learn to accept what you receive and this in itself is good in your own progression. But to exploit this principal is what is happening, so that for many, many people it becomes non-spiritual. For this to happen then there is a great problem. As with all things the time is given and it is for yourselves how you use or view it. The work is good for other people outstroat and awaren and the subscount knowledge.

Are there different vibrational levels or channels of healing?

No you open up and down it comes. Spirit en masse heals. One spirit guide does not heal. That is the difference. You do not connect to your guide who connect to another to heal. You open up and then through that tunnel shall we say, as much healing comes in proportion to the size of the opening you have relaxed into to allow it to become. Shall I say the bigger the hole, the more you believe, the more space for healing energy from en massed spirits will come through. That is why a person with complete trust will be classed as an excellent healer.

With regard to my medical channelling, how is it best that I proceed with this work? I am finding it difficult.

Firstly you must stop all your previous conceptions and start again with this gift. The way that your channeling works is that from this plane of existence you have a link.

One link and that is all. From this link you open yourself up and ask a question. You say to your connection, what is the problem with this person, and the answer will come. When you develop more the answer will be as fast as the question. Now it is not. But the result is the same. You must have more confidence in your ability and it will come easier. You must be an open channel not a blocked channel for the speed to happen. When this does happen, then you will speak faster than you think. At the moment you analyze what you are saving because you ask yourself for an explanation, and nothing more. So in the long term you have the fast message and your long interpretation. However it is necessary that you find another person to help you initially. Or you use an electronic recorder as a substitute for this person. Someone or something other than yourself has to record what you are saying. But you do not need to be in a trance. As you progress your results will be instant when you sit with a person. What you do not appreciate at this time is that to be actually with a person, the vibrations are stronger and therefore the answer to the question and the connection to spirit as a

result, will be much more satisfactory.

#### Am I good at assessing personalities?

I am not asking you to assess personalities. I am suggesting that you read the persons spirituality, which then leads to their pureness or falseness. That is different. The person you know who you put in a particular category for social purposes is not the same as for spiritual circumstances. You may look at a tramp in the street and dismiss him as being a looser, a drop out and therefore lacking in spirituality because of his actions in his life. You maybe wrong and he may be learning life from the tramps perception. Or you may look at a wealthy socialite as being spiritual because they donate lots of money to charity and keep telling you how spiritual they are. Both are wrong assumptions. But you should say nothing and observe behavior and reactions to situations. That way you feel, not see and hear, what they are really saving. Of course there will be some people who will test your observations

## Could two healers do healing on one patient at the same time?

One of you could do the healing while the other watches, and that is all that is needed. If two people try to channel healing at the same time there is a loss of symmetry. It is essential that the airways be clear. Only one channel is needed for spirit to work. You open up to spirit and the channel is open. Through this channel the spirit entities will heal and that it all that is required. You do not need to put your hands on the patient, nor do you need to necessarily stand over the patient cliner. The patient can be

sat on a chair opposite you and the healing will still work. Now let us say that the person is lying on a bed and two healers try and work together. I will say to you that only one healer will heal. The other will be superfluous. For the other healer, if they are strong can and in many cases will deter the real healer from working effectively. So, one healer only and then for ently a brief time. There is a limit out that is all this is remired.

#### How long should a healing session be?

A healing session will last different times with different patients. Firstly you must relax the patient and give them moral support if you like for the illness or condition that they have come to you with regard to the healing required. For you to spend more time initially with one person with a particular illness will not be the same as you would with another person with the same illness. It is whatever time is required initially that is right for that person. However the healing time, if we call it that, can be fairly brief. Not more than 15 minutes in your time. Sometimes not even that. You are opening up and spirit comes through. The more experienced you are in opening the channel the faster spirit will come through and the healing start. I will say to you that it can be instant, once it comes through. Now you may feel, or spirit may feel, that the person themselves needs reassurance and their mental or shall we say psyche is what needs to have a gentle touch as well. No more is necessary although several sessions may be necessary. There is no problem in spending an hour with a patient if you deem it necessary, but the healing itself will be a very short time. Why would it take longer? This is spirit healing. I must remind you, not a doctor trying to find out how to heal or find out what is the patient's illness. Spirit does not need time to stand in a quandary with these elements.

## What about fair exchange or value on the healing session?

I have told you many times that healing must not be charged for; it is a gift from spirit. However if we look at the scenario that the healing is only short time duration, and your counselling with the patient is longer, then this no charge theory does not necessarily apply. What you must not do and I cannot state this more emphatically is make a large income from saving that you are a healer and then can charge a large fee for the privilege of having a gift. You must structure yourself that if a patient has no money they do not feel they cannot come to you. It is easy to say that you will give free healing where required, but it is not very nice for the patient to know that you made an exception for his benefit. He would like to pay the same as everyone else and in doing this you put up a barrier for only healing those who can afford your fees. Also it is not necessary to charge large fees. Be modest and kind to people and do more people. At the moment you are doing this on a very limited time frame. Expand to do more people in less time and do not charge even a minimal amount. Your time is better spent spreading it around and not being so intense. If a person likes to give you a gift

#### that is different.

Since receiving healing one of my patients is experiencing some unusual and extraordinary responses. What can you tell us about these and is it anything to do with the healer?

wan the neiter?

Nothing is extractionary, All sorts of different things will. Nothing is extracted on the pronon who receives them as to be how they are manifested. I will say to you that this person will behave in a different way than the next person. The healer who opens herself up to spirit is unique and different from what this lady has experienced before, in order for a heavy dosage of spirit, so to speak, to come through them the result of this manifests itself in the feelings that this lady has as an outcome. This is the patients own meditation and asking for bending, site between the patients of the control of the distribution and asking for healing, at the between the healing and she receives this. As a result then say she is to toached and this manifests itself when she taps into this toached and this manifests itself when she taps into this toached and this manifests itself when she taps into this them are in the bis sources.

How does spirit heal the body? I still don't understand the concent.

Spirit can heal in two ways. One by the person wanting it to happen and asking for it to happen. Secondly the person asks another to heal them and that healer will open themselves up and spirit comes passing through them heal. Now how does spirit actually heal? It just does. If you have a problem with your blood, spirit will heal the blood. If it is a cell, that will be healed. If you have a

headache then it will go away. There is no rule because there are so many scenarios. I would say to you that if you have a headache should we heal the blood. Or should we heal the cell. No we just take the headache away. Simple. Pure and simple.

A particular healer tells her patients that they must not invite back the condition which was treated during the session. Is that correct? Generally yes, but there are times when the illness will not go however much healing you give or however much the

person does not want it. This is because the illness is preplanned and there is nothing that can be done about it. The person may say now that they don't want it, but in some cases, not all, there is nothing they can do, they have it anyway.

Is it correct that some spirit entities must choose to help with healing and some choose not to connect with anyone?

Spirits that help with healing are chosen to do so. It is not a question of them choosing. You could not say to me that when you pass over you want to help with healing from the spirit plane. For that will not hugen. From this level you would not be on a high enough level. To do so you have to be up a few notches so to speak. For all channels that heal, the spirit entity is advanced. If not then you run the nike of the person in your world opening up to an extra the proper control spirit entity is advanced. If not then you run the risk of the person in your world opening up to an extra the proper control spirit entity is advanced. If not then you run the risk of the person in your world opening up to an extra the proper control spirit entities that would wish to enter and point. There are only in entities that would wish to enter and

make trouble, although that is not the correct explanation. You may be a good healer in your world but that is in itself a receiver not a sender. There is a big difference. To send healing from our world, you would have to be a more advanced spirit than most of the people leaving your world would be.

Can you explain why one lasty healer I know became

ill during one of her healing sessions with her client? This patient had said they had been involved with whichcraft and voodoo. The healer withdrew from her healing work as a result of this experience but feels called back to resume this work now? She was not protected. I am not saying that this spirit entity the other lady was connected to, had a hold on her as a result, but more that she felt the entity and was afraid. There was scaring as a result in that she lost ther confidence. Tell her always to protect herself in the correct confidence. Tell her always to protect herself in the correct

I will soon be sitting with Hospice patients, giving them healing in order for them to heal themselves Should I use Reiki or will I just have simple help from Sniri?

way. Not just do what she thinks is protection.

Spirit:
It should be one to one, mind to mind. That way you can speak to them without words yet they will know and feel at peace knowing that you are guiding them. It is perfectly ok to send spiritual learning to these people. but you must bear in mind that with some fatal illnesses they cannot heal themselves, for that is not possible. You can help them to accept what is happening to them and feel spiritually calm

and in control. Please bear that in mind. I would not say to you that you should necessarily adopt the rigid principals of Reiki or any other form. but just work on the fundamental principals of spirituality and healing. For spirit will work through you and with you in all that you do in this respect.

Usually during a healing session I will work with hands off the body. More recently I have been drawn to working with hands on the body. Is there any reason for this?

Yes. You have been influenced by the talk of others. It is definitely not necessary and can make the patient feel uncomfortable. I have always told you that you do not need to put your hands on the person. You can be just as effective if you are the other side of the room.

If you were to send healing thoughts, to say, someone with cancer, would this be more effective than sending healing thoughts to everyone in the world with cancer. Yes, but these thoughts will not always work as a cure for the person may have chosen this suffering. But they will bely with confront and assist in dealing with this chosen suffering. They may help to turn things around if the disease was not chosen as a toll for the suffering. But to send thoughts to everyone in the world would not have quite the same effect, but would their bent to understand in a way. If everyone in the world would send thoughts to all those who are suffering, then it would work. One day all those who are suffering, then it would work. One day all those who are suffering, then it would work. One day

## Chapter Seventeen

#### Nature & Mother Earth

"There are trees that are tall and give off healing as do the plants and the grass beneath your feet. Their power is there for the taking and take you must.

Enjoy the quiet and see what happens.

You need the quiet to hear the quiet. That is all

My question is about the wonders of nature and the many different ways of beauty and diversification that are expressed in the design and color and complexity of all things living. Did one spirit design the working parts of a body and another the evolution of trees and plants? How did it work originally.

It is very clear from here but you would not understand you. It have told you that there are many diversification 5 of life from this plane of existence. Not all spirits return to your did to learn, but I would say that usually if the world is the learning place for one spirit entity then it always returns to your world until it graduates so to speak and then it moves to other worlds. Other spirits got through the learning process without ever going to live a life on your earth. They have other worlds. I have told you that there are higher planes and higher levels of worlds that are inhabited for learning. These are higher planes or realme of consciousness. I have also told you that your world will reconsciousness. I have also told you that your world will reconsciousness. It have also told you had you world will not growth it is the fault respect to you aimple and plants. That world of general parts will do the designs and the complex of the planes. That world experts april will do the designs as the complex. I know you from his refusion the though the planes are the planes and the planes are the planes and the planes are the plane

Please explain about great disasters of the world that appear to look like acts of nature only? Unfortunately man affects all things natural and eventually not in your lifetime the world will go to dust

Unfortunately man affects all things instiral and ceventually, not in your lifetime, the world will go to dust and then rise again from the asles. That is the life of your world. So for great disasters to happen they are sometimes by man affecting the elements and then the elements of the control of the c

are not all natural they are enforced by man's neglect of its constitution. But for me to say to you that this was not a natural thing would not be true. Hurricanes are natural and they are also aggravated, that is all, I have told you that man must be culled to balance the multitude of births, but that is putting things maybe in too strong a way. The ultimate of all of you in your world is to return to our plane of existence, so if you view things from that perspective, then the ones who die are the most fortunate. The ones remaining who suffer and die are in that category too, but the ones that suffer and suffer maybe chose to do so from spirit. That is the simplicity of all things but it is not necessarily what you want to hear. You feel the suffering of those who are the victims and you look at it from the human viewpoint only. But you say, if you look at it from the spiritual viewpoint then you would seem less understanding to their plight, would you not. Yes you would, but you would understand the whys and wherefores and that is the major part of understanding. You must feel

for those who are suffering, but understand why it is happening. That is all.

Cannabis is a plant: Oplum is from a Poppy. These natural things have been put on the planet, so why are these taken as drugs such a problem?

In most things there is good and bad. It is the way that you use the things that is the answer. If you choose to abuse your bodies by the temptation of what is wrong for it by crushing the plant instead of smelling the perfume or admiring the beautiful flower, then so be it. I would say to

you, would you batter a woman who is beautiful because you liked the taste of blood and the blood was there to taste rather than take pleasure from admiring the woman who is a beautiful object. No you would not. So in all things there is temptation. But in most things you see them for what they are and you make your choice, if you consider it a choice, and you move on. For those who choose to abuse their body with whatever substance is harming it, then I say to you, that they are not in harmony with themselves or their spirituality. For in all things you must have respect. You must show respect to all living things whether it is a plant or whether it is a bird or an elephant. You must understand them and respect them and wish them no harm. You have been given a body for the wish uteril no hain. To thateve extended a bouly not the purpose of your journey. For you to destroy that temple of your spirit in whatever way is showing that your understanding is lacking. For to be addicted to drugs or alcohol, or any form of self-abuse, is to be weak in your spirituality for whatever the reason. The reason is not the excuse. There is no excuse. For the reason must be reasoned and the body be cleansed not abused. So say for example that you are hooked on drugs. You cannot stop

can only accept that you are consciously abusing your There are many theories with regard to objects. constructions, energies etc. for example Stonehenge and the pyramids. Can you explain please?

body

taking them, so my words seem harsh. I would say to you that always there is help to overcome the problem. If you do not want to get better and if you refuse help then you Your earth has seen many civilizations. Some have gone completely, Some have relies still remaining. In times past your earth has also been the home or temporary home of bodies with spirits from other worlds. They are not the same as yours. But they had to adapt. Still knowing their own evolvement in the worlds of technology and science, they left relies, which you find strange. That is the explanation.

The Moon controls tides and other things. So why has man only visited it once? Man has visited it many times during the course of many lifetimes, which are now past and forgotten. Man has

emerged from the ashes of destruction and started again. By doing so he forgot his past and had to learn technology all over again. During your lifetime, man has not yet learnt even a hint of the secrets of the universe and the methods of travel have not yet started to be invented.

I read that one person has written a text which he says comes from his guide, about a 'spell' for making aperson more at peace with nature. What do you think of that?

It was very true. Spell is worrying to you. I would not use spell. But the Isoson for a person of little understanding is good. If they get what is asked for from the potion they must have a better understanding of spirituality and the powers of nature and the peace and strength which have told you may time the your business that you must be with nature more. Not hug a tree, which I know you find amustine, but setting strength from it all the same.

### Could I have your ingredients for becoming more in tune with nature?

Yes because I know you will teach it well. So I say to you, you must gather many things including all of the following. A stone from the bottom of a fast flowing stream, preferably where the stream passes under a low hanging tree and is in a peaceful quiet location away from people. A leaf from a high branch of an old tree that has been there many hundreds of years; a first flower of spring; the feather of a bird which you find on the ground; a handful of earth of three different colours: a seashell full of sea water; a pine cone with a smell that never leaves you: a rose for its beauty: a piece of moss: a chrysalis from which a butterfly has flown; a piece of corn picked from a field; a blade of grass taken from a hillton. When you have all these take them to a place, look at them carefully. Count the number of hours that it took you to find them. The easier the place where they could be found, the more vou are at peace with nature, for you knew where to look. For those people who said it took them forever, then they learnt more as a result of their searching. The 'spell' always works; for the person had the powers of nature bestowed on them as they searched in the right places.

Whilst walking through a park towards a clearing surrounded by several very large trees, I noticed that so got closer I feld a calm, but joyus presence in the area. It seemed to be emanding from one tree in particular. I touched the tree and leaned against it. It felt like a sentient being-it was really quite remarkable. What was

#### this?

All plants and trees have the hand of God or shall we say spiritual evolution with them. Look at how they grow. The sap rises and they have leaves, and so on. If you could see the energy in a tree you would know that it varies from high to low. You, in your advancement, saw and felt the high energy from this tree. The presence of the area that surrounds the tree also had a huge influence on the

You say that man's space travel changes natural

weather patterns. Should we not be exploring space? I say to you that man is polluting the atmosphere by many things. Space travel and the garbage involved, are some of them. To explore space is good to put right the problems of your own world is more important first. Feed the staving, consider all inhabitants and habitates and then go further a field. Science must always work alongside for the distribution of money to be anolied.

### Why do there seem to be more bad things happening in the world than good?

in the world than good?

For all things that are good in your world there are the same number if not more that are bad. So you see the equilibrium of your world is for blance so to speak. This should not be so. It has grown and festered like a disease. But you say to me that man has always been varied in his ways of living: some good and some not so good. But I will say to you that when man had recognition of his masters whilst his spirit was living in your world, then man knew that there were laws of the universe that had to

be met and obeyed if that is the right term. When I say to you that masters were in control to hoo not mean that man did not have free will. more that the high spirits were recognized as being there. But how we have a large proportion of the population who by their brains and similarities to science in their equations, they do not see, feel or understand spirit. They ignore the obvious, do they only the property of the property of the property of the example of the property of the property of the property of the complexity of our world. Cannot understand why man, all this is not to be so. The task of converting the negative thinking of so many men into an understanding is a mammoh task, is in not? But little by little the teachers of your world will make an impression.

### Ecologically, can you describe our world?

Your world is a mess and that has been made by man over many generations. It is the effect to the starving people that is the cause of the people who neglected to take care of the people who neglected to take care of the people who need to the people who need to the people with the people who need to the people who ne

and other additives without having to go to using chemical warfare to the stomachs of the people. With regard to the starving countries, the same farming methods apply. They will spend many pounds to have chemically engineered crops, but not the same amount on irrigation and natural farming methods. No they will notbecause the profits will go to the scientists who invented the means to feed the starving which is in fact costing the governments of these undernourished countries, far more to pay the scientists than it would be to look in depth to the natural farming methods in their entirety. As to the poisoning of people by the methods of scientific engineering, then I would say to you that this is inevitable if this route were taken. Maybe not so immediately, but certainly as time goes by and the insides of the people who eat them become more acclimatized to the food

Is a creative outlet such as painting or growing things a

way to Improve ones spiritual awareness?

I would agree that it is good to take time and go within yourself in activities such as painting. You are expressing yourself with no interference from fellow men. You are taking time to contemplate, are you not? With plants and any living things, if you are in tune with them, you are becoming more aware and astute in your feelings and

### Are some foods bad for us?

observations

You know what you want to do but you choose to play safe and go with the stream so to speak. It is not at all

good for your body at this time to call all things that you do. Oo back to the more natural of foeds and all will be do. Oo back to the more natural of foeds and all will be well. Try and eat things that are grown on the land or that are harvested. It is not difficult for your world to grow and cultivate all that you need to survive. Much is said about cutting many foods which are put before you by bad measure and in hardship to living things. These need to be considered, as do all ways that man is spoiling his world. Think carefully on all these things, they are spiritually immortant for the development of all those to they be horn. Think in one handred years in your country how it has changed from whether the proceedings of the property of the process of the

### Why should we not eat animals?

Animals have yet to be evolved souls and should be respected as much as man. You would not slaughter or abuse children just because they had not yet developed. Why should animals be treated this way then? They are the same.

#### What should we eat instead of meat?

I would ask you daily to observe all things. Observe nature and the marvelous bounty it provides not only to yourselves but to all animals and birds and insects, giving them food for survival.

Nature does this to you also. You have at your resources all the necessary elements to keep you healthy and alive. You need no more. Do not inflict suffering on any other

spirit entity in any other form of body on your earth. Listen to the words of Ishamevan and heed them. You will one day glory at the wisdom of what I have taught you.

Can you tell us more about why we should not eat meat? You have many questions in your mind and you are in conflict with yourself as to my words vesterday about eating the flesh of animals. I cannot always tell you what you want to hear and many times it will be against your former beliefs. It is not good from the view of spirit to eat animals. It is not wrong and it is not right in that you will not be punished for doing so. It is only wrong for your advancement because all lessons which you fail to learn in this life on earth must be experienced again for your reaction to be shown a second or a third or a fourth time or however long it takes. It is up to you. I can only tell you what is acceptable for your own karma. Nothing else, These are not necessarily the opinions I would have given during my last life on earth, but they are very definite to the spirituality of my present being. If I tell you something there is no doubt about my words. They cannot sometimes be right and sometimes be wrong, they are definite. I did say to you yesterday that eating animals was permissible under some special circumstances but that is only in the case of eating them when you are in dire need of food and there is nothing else to eat. Then it is a one time thing only. Natives of your earth in various parts of the world did this but they only took what was required to sustain life, nothing more. They did not breed animals in paddocks or corals so that they always had meat. That is not acceptable. The decision is always yours.

I am wondering about the spirits of animals with regard to killing them for food. You have told us about animals but what about fish and shellfish. Is it permissible to eat these? Are the spirits in these of a lower advancement than that of animals? I would say to you that a fish has a spirit entity, which is not so advanced as an animal or a mammal but it has a spirit all the same. An insect is not so advanced as a fish. A fish is not quite so advanced as a bird, which is below an animal. It is difficult to be exact although what I have said is close. You could eat an insect better than you could eat an animal but it is better not to eat any living creature unless you have dire need to keep you alive. In modern day living in your world it is unlikely that you will be without all other kinds of food so that you would need to cat animal flesh. You ask that with the world's population in poverty and dying, is not generic farming necessary? Many, many nations do not eat meat at any time and many others live on a basic diet of crops and some have never eaten meat. To feed the dying nations then crops are essential, not meat. Meat is a rich mans food, not a food of the poor. Meat is bred for the tables of the more affluent societies of the world. For a poor man to eat meat would not be good for many reasons. Firstly crops are cheaper and they are better for the growth of a body. Meat would not be good to digest by starving people. Some of you put forward the argument that man has eaten meat since time began. Yes this is true. It was easy to hunt and meat has

always been enjoyed. Some nations have hunted meat only

for keeping themselves alive when crops were not growing in the winter. I have told you that if you are starring that it is permissible if there is absolutely nothing else. Then you ask me why is this so? It is not better for us in a body to dier ather that cat flesh which is forbidden? No it is not. Vour soul is superior to that of an animal and all though you must respect the soul of the animal at all times, if you are superior that of an animal at all times, if you are superior than a soul of the animal at all times, if you are superior than a soul of the animal at all times, if you are superior than a soul of the animal at all times, if you are superior than a soul of the animal at all times, if you are superior than a superior than a superior than a soul of the animal at all times, if you are superior than a super

Would living more spiritually, for example giving up meat, making time to be closer to nature, help us work through our problems.

Of course. Being spiritually attuned is the answer to all things. You cannot ignore the things I say which are important to the laws of spirituality and expect to still become more spiritually evolved. It just won't happen.

We would like to know about small farmers in poor countries who are self sufficient on the land and if the killing of a pig, or chickens, or other animals that they have raised, is wrong in your eyes if they are euten by the family.

In this question we will presume that the crops are growy for sale and cetter, and the animal that is killed is only for food. This is not quite the same thing as breeding and killing animals in large numbers so that there is a surple always of meat for the cooking and feeding of people who are not hungry anyway. I am not saying that the killing of a single animal is right if it is eaten, more that it is

You could say that family too could cat crops and regetables and fruit so why cat meat. But it is well known by country folk that this diet alone makes them ill, so they supplement by mean because they have no other means to do so. They cat meat to indirectly keep their family allve. but they do so in such minimalist dimensions that it is somethow permitted. To kill a pig and a few chickens every jours is not the same as eatling a pound of meat a day. Have

Next we have a quite different question for Ishamcvan and that is again about killing animals. We need to know more of your views on this subject.

Your group is still not wholly convinced by my teachings, are they? I must admit that from your perspective it is a difficult pill to swallow. Well, I will try and explain again. You ask about the fox which killed twenty chickens and then was killed himself by man. Was this death justified? In this case was man permitted to do this thing? Well I must say to you that I have said many times that you should not kill animals to eat but I did not say that you should not kill animals. There are always exceptions to every rule and I have already said that it is permitted to kill an animal in order to give you food to keep you alive. To keep you from starving, that is all. To kill an animal because it is killing other animals is quite another thing. It is the natural law of the animal kingdom that animals hunt other animals in order to survive. Animals only do this for survival. You will not see an animal kill for any other reason. The fox probably killed the chickens over a period of time; it did not just kill the twenty chickens all in one go. The fox was hungry and his natural instinct was to kill in order to survive. Maybe take some away and save them for later. The same as I have told you that you are permitted to kill to stav alive and eat. So let us look at this scenario. The chickens were killed shall we say individually over several days by a fox that was hungry. If the chickens were in their natural habitat it would be of

noconsequence because that is the law of the animal kingdom with regard to survival. Lots of animals cat other animals in order to survive from the lizard and the ant to the alligator and the fish. It is of no consequence to the spirit world that this happens. But for man, who has decided to farm the chickens to give food to people who do not necessarily need to eat them and has failed to lock them up properly with this purpose in mind, it is not permissible. The farmer is not letting the animals live by

their own natural laws and then doesn't like it when the fox acts in his normal way by his normal instincts. So no it is not permissible by spirit to do this thing. The same thing would be for a bear that mauls a person who strays into its territory whilst it is hungry or protecting its young. The bear will act by instinct of survival so you should not kill that beast either for using his own natural laws of the animal kingdom. If you are starving you may kill the bear.

If you anger the bear you may not kill the bear. What, you ask, if the bear is behaving in a ferocious way for no

apparent reason and is causing lots of harm to man by attacking for no reason? I will say to you that there is always a reason. Bears do not have mental breakdowns and act irrationally. That is a condition of man. There is never a reason to kill, other than if you are starving and that aspect is within the laws of karma. If the animal threatens your life, the same as I say when another person attacks to kill, then you may fight back and kill. For no other reason.

If animals hunt animals for food and this happens right across the animal kingdom, why cannot man hunt animal for food? What is the difference?

I will say to you that there is a big difference. I have taught you that spirit is on various levels of advancement within its spiritual journey. And those spirits which inhabit animals are not so old or as advanced as those spirits which are in a body such as your own. But at all times must you respect the spirituality of all others things and you have the knowledge to do this. You are not at the same level as the spirituality of an animal. You have the power of vision if you choose to have it, of intelligence to uncover the secrets of spirituality and the knowledge to either absorb the laws of karma or discard them if you choose. You know that to ignore the laws of karma is not right or wrong. But to do so is not to advance in your spirituality which must be your ultimate goal in all things. But an animal does not have this reason. For an animal to bunt another animal is for this reason. Animals must do this in order to quell their numbers and to live by codes within their own animal kingdom. Spirits in creatures are only there for a short time in each life and the advancement of such spirits, being on a different plane of existence as vourselves, do so in a slightly different way. Now we get to your friend who wants to justify his love of hunting. All things can be justified by the person wanting to do this thing. We have talked about murders or madmen who do atrocities, they all have a justification at the time for their actions; it does not make them right in the laws of spirituality. All things that man does he has a reason or an argument. So for him to hunt and say that this is done within the animal kingdom is not reason or excuse for the reason I have given. I have told you that the spirituality of all other living things must be respected and you should incur death on no other living thing. As for eating the flesh of the animal that has been killed or hunted. I would say to you that you may do so only if you arc starving, no other reason. If you have food to eat in any other way, then you reason. I you nave rood to eat in any other way, then you must not kill. Food is plentfill, there is no need. Why would you choose to eat the meat of an animal if you have other food at your disposal? Why would you kill the spirit that motivates the body of the animal into life for your own gain because of your love of the taste of his flesh and you like to chew his flesh in your mouth and gnarl his bloody bones with your teeth? I think you must say to this person who likes hunting that this cannot be right. But the choice is yours and when you return to this plane of existence you will know with certainty the wise words of Ishameyan and you will all remember how I told you that to kill is to not advance in your path of spirituality. You must return to learn your lesson again. You cannot cheat and you cannot make excuses for the greed to yourself.

You have the choice.

# Chapter Eighteen

# Actions of Other People

"Your spirit must not be affected by the stones which are thrown at you even though these same stones hurt as they hit you"

How do I avoid other people having a bad influence on my life?

At no time must you allow being controlled by any other being in your world. If you do so then all is lost in the respect that your guides and your spirituality will be affected. You cannot (goore this thing and think that you can rise above it, it will not happen. For you to be in control you have to overcome the badness of the controlling person. You must stand one or two paces back and observe this controlling person or persons and see they are just that, with no exception. You must observe all things, but from the distance you put between youserfal and

them, then you will learn.

Can we, in the presence of aggression, stand still spiritually and do we have to be away from aggression in

spiritually and do we have to be away from aggression is order to progress? I will say to you that you do not need to progress every day all the time. You spend a great deal of your time watching the behaviour of others and from this you learn and are richer for the experience. You may feel that you are drained from the experience and this is true, but you are also richer in spirit for you are aware of what is happening. Not all people are this way. So I would point out that the aggression of others is not the aggression of yourself. Stand back and observe and see what is right and what is wrong. For you must not be affected by the stones which are thrown at you even though these same stones hurt as they hit you. You know that they cannot hurt you for you are rich in spirit. You must pity the thrower for they are the persons that need the help from spirit. It is not your position to throw stones back or plead for the other your position to inrow stones back or pread for the other person to understand, for that will not happen. You may speak words of wisdom and whether they are heard and understood is irrelevant for you have been in the place at the time to say them. Their acceptance is not of relevance.

The purpose of cause and effect is that the person with the cause may be totally unaware and not necessarily learning anything but the people bearing the effect may be much richer for the experience of these secondary lessons.

Will the people that hurt me by their actions get their just rewards?

It is of no consequence that this happens but it will. For the effect there is always a betraval to themselves. There will be a lesson for them that has to be learnt. For the feelings to others they are not considering in this instance. For to be is the answer and the cause. It is essential that they are in the situation as the receiver intented of the giver. For to receive can be painful and to give can be as much as its in another way. For these people to be the instigators of pain is in itself showing their lack of spirituality. For them to receive the same they will ask why and not understand. They are not even aware of the situation. It is of no importance to them. For you to say that they grant their just rewards, I will say to you that you will never know their pain of humiliation and inferiority that this will entail. But I say to you for every effect there is a cause. For these people their cause of the situation will have a long and very lasting effect on themselves. Not so just rewards, but the same nevertheless.

People are all different but they act and react in sometimes purzling ways. Plesse help us understand more, because it is difficult to sometimes see their reasoning. Some are vain and have to be the best they think, in the eyes of everyone that they come in contact with. To do this they have to be ruthless to all those other people around

Some are van and nave to so the best they trust, in the eyes of everyone that they come in contact with. To do this they have to be ruthless to all those other people around them in their strift to gain the top positions and gloyr. Then there are the people who do not like to be seen at all. They want to lead every simple and quiet lives on their own. doing their own thing and not being influenced by anyone. They are usually selfish because they do not want to share. They like being insignificant and quiet. But by being thus they tend to not help others because they are slyring away. There are the greedy who just want to accumulate things, usually wealth and these people are so. single-minded that they are mitless as well in the vay that they accumulate their stock pile of non-significiant things such as money. None of these traits in people can be called spiritual. To be spiritual you have to be aware of other people and their troubles so that you can help in whatever way you can. This does not have to be physical help, it could be just healing prayers or a conversation with the present to give them support. Then there is low of all other presents to give them support. Then there is low of all other presents to give them support. Then there is low of all other than the present to give them support. Then there is low of all other than the present to give them to be a support to give the solution of the present to give the present to give the present the present

How can I overcome the hurtful actions of others when they affect me so?

I would say that you must be independent of any person who is taking from you. You must give only love. Nothing cale is important. If other people look few wanting more than love, or do not accept that love is enough, then you must realize that you are the richer and they are poorer in spirit. Walk tall in the realizes of your won spiritually for that is your protection and your radiance. You need nothing more. I would say that you are only looking at this thing from your perspective. You do not see the thoughts and actions of the other party. Many, many times I say to you all that you must stand back and observe and then you will learn. If you see that and burd to not cover and wonder at your wounds, stand up and see why that person did that thing to you. The thur will head but the reason for the turt is there for as long as it takes you to understand the reason.

and ask yourself for a lesson as to how to understand the cause. The effect you know. Do not death on the effect, it is superficial. The cause has a meaning, Understand the cause and the effect will be fougher be of party significance. You are the effect and your persecutor is the cause from your perspective. It is reversed from the other person's perspective. If you both understand the cause them there is no problem. But I know you will say to me, well if I in understand her and she does not understand me, then we still have a situation that is not acceptable. I will say to you that for every journey there has to be a start, for every solution there has to be a first stee, that is all.

#### Please talk about anger?

Why should there be anger. If a person comes a you with anger then you have no definee and the problem is a multiplied. If a person comes at you with love, then there is a breaking down of the anger. You must not attack in a breaking the property of the property of the property of the problem there are you with anger. If this is the case, then you have not begain to learn you lesson. Stand back and understand the problem then approach them with love and understanding, no never anger. When you begain to put a size your hurt and understanding, the problem that the property of the property of the property of the problem that you begain to put asks you begain to put a size your hurt and understand the other persons but it hen you will have a breakthrough and not befrom. This is called love.

How can I help another person to better know themselves?

With love, trust and understanding

I feel generally unhappy in my marriage. Could this be mostly because I let my husband influence me against It may be partly the case, but I would say you are unhappy with your marriage because you are unhappy with yourself because of your own confusion. So it is a vicious circle of because of your own contusion. So it is a victous circle or events. If you are at peace, then you see others through different cyes. What other people do to you is their problem not yours. The victim does not have the problem of its persecutors. Put up a wall of defence between vourself and others, not a barrier, but a means of stepping back and saying to your spiritual understanding, I can see why this person is doing that or why they are behaving in a certain way. Observation of others is the greatest gift you have and you need to develop this by continually using this power. In all situations watch and observe, You will see that others behave to you in a strange way when you do not react to their anger or their self-pity or any other trait that they use to get attention from you. If you observe saying to yourself, it is their problem; I will help them, but it is their problem, not mine. Then you will be in control of yourself and your screnity that you have lost will return and give you peace in any situation. Your health will improve because your spirit is healing your body. Your spirit is gaining strength through your effort to enlighten vourself, nothing more. It is in your hands. Nobody else has that power.

I would like to know more about the passing of the spirit entity of people who have led really bad lives in as much as they continually hurt or harmed other people by their actions and thoughtlessness. You want to know if there is a day of judgment. Well you know that there is not, but you puzzle whether this spirit has to account for all his bad actions whilst on earth, or does he merely get away with things and float around up here as before? Many of you have funny connotations of our world. Well, I cannot say to you that this spirit is chastisted for all the wrong doings that it made whilst in its chosty and I cannot say to you that these actions go unmoticed by the Holy Spirit. All I can say to you is that all actions you made in your life on earth, whether bad or good by when one of the property of the spirit. All I can say to you is that all actions you made in your life on earth, whether bad or good the spirit was to have a spirit when the spirit was to be a spirit with the spirit was to be a spirit with the spirit was to be a spirit with the spirit was the spirit with the spirit was the spirit was

spirit returns home. The spirit wants its life on earth to have been a worthy one so that it can progress. Very few advanced spirits do not want this. With new spirits, those spirits which are not advanced or mature in their spirit development, this is not always the case. Sometimes for several incarnations these newer spirits do not see the importance of rising higher and evolving more. These spirits are not yet aware of the whole spectrum of karma. It is usually these less mature spirits who are learning the lessons that make more mistakes with the control of their lives onearth and make the most of the horrible errors and bad deeds. The more mature the spirit, usually the more spiritual they become when within a body. The spirit itself is stronger and the person or body is aware of the spiritual link. So you see that all spirits have to account for their actions but it is not a day of recriminations as you perceive. It is not a terrible thing here if a spirit has not learnt the lessons but it is sad that it has not progressed as it probably desired.

Is it good for a person to stay in a marriage for many years if they are not happy?

I do not understand the question with respect to a spiritual answer. Does she ask does spirit approve for two people to stay in a marriage if there is no love or would I permit these two people to live apart. I have told you before that if there is no love between two people it is permissible to part. If she means do I understand why people live together when there is no love, I would say to you that there may be many reasons for this. Love is not always apparent between two people and even if one or both people say that they do not love the other person, they maybe do. Not everyone expresses a mere small proportion of love the same as another person. It is possible to have just a small amount of love for another and still not find companionship with this person intolerable. This may be the case. Or perhaps the people themselves prefer togetherness than the aloneness that the alternative would bring. People live their lives and walk their paths in many strange ways and it is not for us to judge whether they are doing right or wrong. You all have the choice to do as you please. If one of these people chose to leave or stay, whatever, this is neither right nor wrong. it is their decision. If they do not have the courage to do what they really feel is the best thing to do, then this to their decision too. Maybe they make excuses for something that they do not in fact have the courage to do. Maybe they like their lifestyle or it suits them, but they think that exceptonecles thinks it strange so they make up a situation for their ears which is in fact not true. Every situation is different.

Wars are always terrible and we are so helpless. How should we view them?

If you see fighting and hatred and bombs, look not at the smoke from the bombs or the desolation, but at the wonderful flowers which survive on the outreaches of the dust and the birds which appear in the sky. Marvel at them and you will look beyond the terror and forment. You must learn to have full vision to see beyond the world of your understanding. Listen to my works and instead of trying too hard to think what I am imagining, be and let your thoughts take over. This is the only we

Is it wrong for the head of a large company or someone in a similar position, to have controlling power over other people?

In life and your society it is essential that there are leaders and there are followers in all aspects of your living. To be a follower is good because you look up to your leader, but having said that you must respect your leaders for their integrity and their kindness nevertheless to their followers will me. If a leader is brutal and harsh then the followers will

be unhappy or frightened or afraid for their lives and this is not good. But if the leader is compassionate for all other men around him and in his charge, then he is a good leader and must be respected. The leader or person in charge of a huge corporate company is just the same. He is in charge and he has power. The power though need not be power used to control and manipulate others to their indisadvantage. If he does this thin he is swrong in

disadvantage. If he does this then he is wrong in spirituality and in his living of life. It does not matter where you are in the ladder of life from the poor man living in the street who has no decision making except for talking to other poor people in a kind way, right up the scale to the heads of corporate companies.

If these heads are neither compassionate for their workers or interested in their plight and their troubles then they are spiritually wrong. Every person on your earth as I have lod you should be conscisues of other people around him and be aware of their feelings and needs. There is no difference wherever or whovery ou are. But the no sho entifference wherever or whovery our are. But the no sho

are spiritually wrong. Every person on your carn as a mave tool you should be conscious of other people around him and be aware of their feelings and needs. There is no difference wherever on wheever you are. But the problem in fife; it has power gives people strength and they and this risk that power gives people strength and they are that the property of the people strength and they are that they are the property of the people strength and they are that they are the property of the people strength and they are the property of the proportion state of the property of the proportion and the leader. If the worker is paid well for

his work then the leader should be paid accordingly. But never by extremes as is what often happens. No, this is not permissible in these instances.

How can I learn from the bad actions of other people? I will say to you that to observe others in the dance of life. is the most rewarding of things. Every person has explanations to themselves and to others for the way that they behave. They have justification in all things. All things that any other person does he has justification at the time for doing them. These things may not be correct in your eyes, but you are not doing them, you are only observing. So if a person does a certain thing and does not see that this thing is wrong, then maybe it is not. If you observe that this person is wrong to himself in his belief. that is good observation. But it will not change the way the other person thinks, so you should always be aware that you are an onlooker only to the life of another. You cannot control the life of another in any way. You cannot decide what he must do, that is his decision. Everyone is on a path as you well know and the path of others is not necessarily a straight path, they have many lessons to learn too. In the process of learning they may do things and say things that are not correct in the eyes of yourselves, but that must be. I will ask you to look at another person and see why they do certain things that you find strange. What is the reason? What reason do they give themselves for doing these things and behaving in the way that they do. It is fairly easy to see. Do you help them by talking to them and adopting a spiritual approach? You will never know, but you must do so any way. Do not feel burdened by the actions of others; they are not yours to carry the weight. The burdens of others can be lightened by a kind word, but they cannot transfer them to you, ever. So why do people lie or fantasize to you. Think carefully and we will discuss various aspects of this behaviour. Firstly to fantasize is to dream. To dream is to want something that is sometimes

unobtainable. It is not silly to want something that is at present unobtainable if you have the will to strive towards obtaining this thing. To do so is to overcome your fantasics and make your dreams reality. But to have a dream and enact that dream as if it had actually happened is nothing more than a sham and this is in fact deceit to vourself and to the others around you to whom you play out this charade in the cloak of reality. So that is one aspect of people's behaviour. But to lie when you know it

the lie, is more than fantasy to yourself, it is pure false witness. I will say to you that a liar, knowing that he is a liar, does so for many reasons. He does so because he feels inadequate in his surroundings. He does not realize that fellow men will respect him more for being himself whatever his surroundings than to hear the words of a liar which will make him nothing in the eyes of his fellow men except to be pitied. Then we must look at the reason why man behaves in a way solely used to impress others. He uses deceit and thegarb of an actor to portray himself as something which is greater and grander than in fact he is. He may feel insecure. He must use his spirituality to overcome this thing. His spirit may know that it has broken many laws of karma and it does not know how to rectify these wrong doings and make amends. So it tries to look better by telling lies and ensuing fantasies, but this has the reverse effect and only makes the matter worse. So you see once on this spiral there is no way off except repentance and honesty in all things. When you are at peace with yourself and what you are instead of what you want to be, then your life will be in order and you will be ready to progress. But enough of this gloom. Carry on people watching and know that it is merely an exercise that Ishamevan has given you for your own personal advancement. If you look at it that way, then when you have to deal with the problems and trials of the effects of

the cause of people doing hurtful actions, then you will What about the way people behave and how they kid themselves that they are telling the truth when they are mat?

understand the lesson

This is similar to the lessons of observation that we have put in front of you during the last week or so in various situations. Now perhaps we should look more closely at a liar. Why does he lie? I have told you that he does so for many reasons, but some of them may be habit going back a long, long way. He did so for the first time perhaps because he wanted to impress someone and the lie did just that thing so he did it again and again. Maybe he did so for his own protection because he did not want a beating or chastising for something he had done. Or maybe he just

likes to fantasize because his own world is dull in his eyes

and he wants it to be more exciting. As with all things of cause and effect, he looks at the effect that his lies have on people and he plays games with them and himself to see how they will react. You think that a liar does not know that he talls lies. You think that be believes what he says. Sometimes subconsciously he may believe the lie but his spirit knows that it is a lie and is wrong.

spirit knows that it is a lie and is wrong.

But that person is on a journey and the fact that he is not doing too well with his test is also a good test of you ask too many things as an effect of his cause of telling lies. This mere action is having a riping effect on everyone he encompasses in his deceit. Watch too the way other people react to him. People watch and learn. Do not take in problem to deal with. It is the same to talk of being a liar or being tempted by any other thing which is spiritually wrong for your development. To be a murderer is to be tempted by

help or continue to do so because you do not realize you need help. It is team evit the liar. It is a test to come in a lie. He cither realizes it is wrong and stops or he ignores the temptation and carries on.

Many people behave in strange ways in the name of religion. If religion is based on spirituality how can this happen?

committing murder and doing the act, sometimes many times, before you realize that this is wrong and ask for

All religions have a set of rules and teachings laid down by its particular church, not by spirituality which is a lot

different. I have told you that spirituality was first and then came the church to put in a set of rules for its own purpose of power and control. The bible is the book of several particular churches, often not based on true spirituality. However going back to the start of any particular religious, the people of the time already had instinctive spirituality and therefore already had this in their upbringing and beliefs. The people wrote the original form which was changed later many times. Unfortunately now in your there is little similarity for some of them. This reads in various religious patting in their own covoled rules and doctrines which say for example, it is permitted to slay members of other religious. That is not the word of spirit it is the word of their own leaders.

#### What should I do if a person abuses my trust?

If people abuse your trust then you will see them for what they are and then you have the observation and your lest of skills to see why and for what reason they did this thing to you. Please observe still for it is your finest lesson. You may sit beside a road and wath the travelers as they go by and each one will be different. It will not be boring for you to watch all day if necessary because the endless progression of people before you will inspire you with interest not insignable. So never think that people are what they seem for this is not true. Neither it is with animals. They may be dambt to your world but they are not. Thier spirit speaks to you whatever they are. Spirit has no boundaries and therefore its transmittled through all

other beings that have spirit within them. You like to admire and connect with a baby human, why would you not want to connect with a baby spirit-that is I mean a spirit which is a nowice or undeveloped. You like to teach a baby human; you should try and teach a babe spirit sho. By teaching you learn to evaluate your own talents and powers. The more you teach the more you learn and the greater in apprintally you will become. To humble yourself to others is the finest of tests to overcome. To humble yourself because you want to do so means that you understand the lesson and set with apprintally and thought and mind which is considerably different. I have told you many times that mind is not spirit. Mind does not control spirit, But spirit controls at thingin you nurself if you allow

Please explain persecution and abuse of one person to

Linow that you are curious about people that take picasure in belitting others or finding glory in hurting someone with harsh words or deeds as you see in your news softices. If a person does something wrong, whatever it is, then it is the sole problem or himself and any other party directly and I say directly connected with him doing this act. For any other persons to observe and comment is not good for they are only observing. I have told you to observe. If you do so you learn lots about ofter people. Why not observe these who chantise and are throwing his some sait the guily persons and see whicher they should not have the

they are in fact worse offenders than the other person. No person should criticize others of something that they could easily fail in themselves. For to fail in a lesson is not wrong. To take a lesson and not learn by it is wrong. To make a wrong decision or be tempted is to loose the lesson, but it is also good that the lessons were taken. For to take the lessons is to make a step towards progression rather than a step backwards. I am not saying that offenders are right because they offend, only that it is their problem to rectify, not the onlookers to glory in their downfall and gloat in their unhappiness because they have failed. They should encourage them to take the lesson again and if they fail again the whole process is done again and again until it is got right. Is that not the whole essence of returning and returning to your lives on carth if not to take lessons over and over again?

# If there is aggression against me personally, what should I do?

You are concerned about many things at this time and for that I will not always be able to help you out. You must help yourself and now move forward in your understanding.

I have taught you the basics now you must turn them into reality. If I have said to you that peace is within the hands of every person. I mean to say that if they apply themselves to the aspect of creating peace and not aggression then all things can be overcome. But you ask me what if there is aggression against you, what should you do? Should wou lie down and let the other person's aggression have affect upon you? Well I will say to you that it is their problem and not your own. But you say their anger is directed at me how should I deal with it? You have no other solution than to treat it with love in return. But you say how can I give love to a person that hates me? I say to you that this is easy. You do not hate the person you hate their thinking and their misunderstanding of all things spiritual. But what if they are trying to kill me, then what do I do? You fight for your life, only at this time. But if it is right for you die, you will do so. You have chosen the time to die. You do not remember your choice. You do not know when it will happen or how. For you to look at your aggressor and say no I do not think this is the time, is to be wrong in all things. You do not know when you will die. For you to be part of the test of your aggressor to die as part of that, then so it must be. More people are aggressive and hate for the sake of hating, than the number of men on your earth who do not do so. For to be at peace with yourself makes you an easy target for those who love to hatc. You must love to love, that is the difference. To

die is not a punishment, it is a reward. So to die at the hands of an aggressor, or a natural disaster, is the same. To die is the ultimate salvation, that is if you are ready to move on. You cannot do this thing if you are in any way not full of love and understanding, for this is to be with spirit. If you hate, you are not with spirit to the level to advance. But you ask your teacher Ishamevan, did not you yourself hate in the last life of your existence on earth? I will say to you that this is very true, but I did not move on did I? I chose to teach the extremely hard lessons of spirituality to your world. And indoing, 20 I Gound you as my papil. You, who I had known spirituality over many pilifetimes. But you are on a learning path too, and you are confused and not at pace with yourself, so you doubt and are not an easy person to teach. So my job is difficult. By being difficult I learn too, and my past existence and is wrongs hopefully will be righted by my present experience with you. If we fall my spiritual advancement will fall as a will your own. It is a simple as that S. by our see for me to be angry and aggressive in my past life (the cause) has the effect of my having a hard time teaching you as now. For extra significant dispin until they reach, the perfection of understanding. It is hard for you to see, but there all the same.

### How can I spiritually help the persecuted?

Pray for the persecuted, for they need the help of spirit with them to go through the pain to move on with their spirituality to higher levels of understanding. Pray for the dead and for the acceptance back home to their spirits and their peace and knowledge that life on earth is over and maybe never to experience again. But most of all pray for the persecutors and the aggressors, for they are the ones that need to be shown the way forward and the errors of their lives that are not correct to the laws of Kaima. These more will have to learn again and again. The others will have to learn again and again. The others will

Please talk about wicked people and whether they are punished. We still have a problem too about hell and the

## burning pit or terror that we read about in the bible.

I will talk about both of these aspects which are in fact the same question. Firstly you must remember that all spirits inhabiting a body are doing so in order to learn lessons and pass test of the lessons in order to be more advanced toevolve higher and higher on the panes of existences, the spiritual planes of learning. There is no end to the learning and the advancement as I have told you many times. So we will look at those bodies, those people who lead very wicked lives. This also means those spirits which have not learnt and lived in their lives the correct path as laid down by the laws of karma. You all return to earth with no memories of what is considered right or wrong for your advancement, but you bring with you your spirituality which is your identity-your whole file of where you advanced to today and how and when you passed your tests or scored your points. The wicked do in fact choose to be wicked. They choose to fight and upset those around them whether by act word or deed. It is their choice to do so. They choose to act this way whilst in a life instead of with love and spirituality to everyone else they meet. When they return to my plane of existence they then see the error of their ways and are shown where they were wrong. Of course they will not advance and they must face the frustration which brought on these acts, again and again until they get it right. This is not a good prospect for it may take many trips back to the world of matter before this is perfected. Spirit does not want to do this. Spirit wants to evolve higher, so it is sensible not to act in this way. But you ask is spirit punished? Is there an eternal pit of burning tar that envelopes you forever? No not in reality, but to be punished if that is the word, to return again and again to your world could be viewed in the same category, could it not? As for being fragmented from the whole, the mass of spirituality, no this will not happen. I have told you many times that within the whole there are various stages of each spirit's evolvement. Some spirits are advanced, some arc not and some are in-between. The spirit can have the will to advance or be content to stay static. In some very extreme case the spirit can slip back, but only a notch so to speak, not back through many evolvements such as you coming back as a spider permanently. But you could choose to come back as an animal for a purpose of learning in one lifetime briefly if that is what is required. You will not go back to always returning as an animal.

What should happen to the persecutors? Should they be executed?

No. I say to you that you should only kill in the process of stopping a killing. If man is in the process of killing man then you can stop him by killing him. But if the man is stopped and then taken to a place and tried and found to be guilty of his crimes, then he must not be killed. The moment is over and the time passed. So he must be restained forever if necessary but not killed.

I am confused about the state of someone who is a liar and a cheat, or appears so to the outside world. How are they in themselves justifying this thing? Do they feel remorse or do they not see what they are doing is wrong? They are learning and they do not see that this is wrong. They believe that way for many reasons. Maybe is wy for many reasons. Maybe is way for many reasons. Maybe is way for many reasons. Maybe is way for many reasons that the solution inferior or maybe they live by example of others. But the main this way are so many time garden. But the main this way are so many time garden and they are so learning. They have many in your garden and they see and the eyes of spirit or with regard to the nice tolerants. They have some learning and the spirit of the spiri

What do you have to say about an incident like the High School shootings?

I do not understand why you ask a spiritual power his

I do not understand why you ask a spiritual power his opinion of man making mistakes and acting in a violent way.

I could comment about millions of actions of man who for acts in a wey that is not spiritual. Man is no centrol of his in centrol of his in centrol of his in centrol of his mind by his own spirituality. By using this his mind by his own spirituality. By using this his chapen that his spirit richer and move on. If he does not wish this thing to happen then he will not. He had so have his affects the state of a factle the state of a factle the state of doesn't have to be that way. Many men on your world to doesn't have to be that way. Many men on your world to six the way had not not not spirituality or do not accept that it is there anyway and find justification in so many things, why it is right in their minds to do atrocitics. It is no difference between a faither beating his child, to a remire. of a country pressing the button to destroy generations of people in one country, or a teenager killing others. This is the folly of man in making himself greater than his own spirituality. Making himself the god of power and power as I have told you many times, is the downfall of man. Whether it is the power of pulling the trigger of a gun and killing another man, or the power of one man over another in making him feel inferior or awkward or unloved, the order test in the same. He is spiritually an infant not a grandfather of understanding.

What If you dough that a person appeared to have a split

What if you found that a person appeared to have a splipersonality to deceive you?

It is strange to imagine just how it can be possible for a person to be friendly and yet not. As with an actor, many people are the same with their lives. But I asked you to observe and in that I meant for you to see deeper than you did. For to be upset as you were, although not showing it, was to be devoid of any observational powers and the knowledge that they would have brought. It is a power struggle and a game, nothing else. I would like you to observe and understand these tactics, for it is essential that you do. It is not an uncommon thing for a person to behave in this way. But as I have told you many times, you must see the underlying reason. Was he afraid, undermined, jealous, or in what way threatened? Why was he dominant of the situation? Why does he not have an inner strength of understanding of other people? Why would he play a game to hurt another person? What is his purpose and what is his reason to himself to do so other than to be the most powerful of all persons by the mere fact of equating others as many in your world also do to animals? So let us look at the situation, which you call a stressful situation, is there a purpose to the exercise for yourself? Yes I think most certainly that you will learn so much if you stop and see the answer and not the question. The effect of the cause is not obvious to yourself, but what is is the purpose, the cause? If you understand the purpose of the cause to the person doing the action, then you will understand the problem and set accordinely. That is all.

How many lessons do we choose in a life? If the lesson is being humiliated by others, then surely once will do. To endure such humiliation is enough, why does it have to be repeated in another way? Surely outcome of the test is the same?

I am afraid it is not. The choice of say humility as a lesson with the control of the control of

the test is the same?

I am afraid it is not. The choice of say humility as a lesson could be to try and fully understand all the components that make up this feeling. To experience the effect by many causes. If you say that a person has been upset in a dreadful way by one lesson, this is enough. I will say to you that perhaps they chose to take the harder of the lesson and find out the full complexities to being rejected and humiliated or whatever alse was chosen. The horrors can be multiple if that is what is needed to clear the lesson.

Looking at a person who acts in a strange way, without any consideration of the feelings of others, where does this person learn his lesson. Surely as with life, the lesson was there and he chose to act in a way contrary to that which is humane for others around him.

## Where is his penance?

There are many people in your world who are totally inconsiderate to others. Whether is it to manical generally. Some open do not have compassion and undestanding, they have to learn this. It does not come to earth with them. They come naded of all things, Life will, put a person through the tests and it is their karma, the hastory and kennings and advancement of their spirituality, which will set in a way that is with compassion. If the spirit is not advanced or has not learn, they are more likely than the advanced or has not learn, they are more likely than the advanced up into the men they come to the consideration to others. Always, every day you have tests in one way or another, some are so small that you cannot motice them.

What should I do then when I know instinctively that there is a problem with a person or a situation involving a person, but I just can't put my finger on the problem or why I am feeling that way? How can I train myself to know my feelings?

Roow my perinags: 

"Unil say to you that it is like a child who learns to speak. 

He knows the words but he cannot asy them. If you speak to to him he will it yo tespond. But he cannot yel from the words to you time sentences, buil say that you are in your ready to have the confidence of reading yourself as to the sights and feelings that are around you. Yet you progress with speed and leage and bounds of understanding. You look back to a year or so ago and tell me that you have not advanced. Now you know many feelings. Then you know

only a few. Soon you will know many more until you can read the majority of situations more accurately.

With regard to certain terrorists, are we right in trying to eliminate what we see as evil, or should we let them do what they feel is right. After all some say this is what Allah wante? Allah, God, The Messiah, The almightily, they are all the same. Spirit is these things. There is not one of them but many. Allah did not say anything different to God who agreed with spirit for they are one. Religion said Allah

said one thing and God another. That is the difference. I

face to face they try to kill another man. If not they must be tried and captured forever. With regard to the armies which hunt them and the people they kill in order to find them, I will say a couple of things. Firstly these men have a huge number of followers. These followers are persecutors of other men as well. They must also be stopped. If in order to find these men then armies have to hunt them, so be it. For armies to kill innocents, then this is not permitted. But the fine line is hard for men who are trained to hunt and kill, also to walk with any form of

have told you all many times that religions turn things for their own benefit, or sometimes things get interpreted differently over the years. Now you ask about these men. Should they be tried and brought to justice or just left on their own. I have also told you about persecutors. These men are such. They harm mankind and must be brought to justice. There is no question that killing man or thousands of men is permitted. Killing is wrong. They must be caught and brought to justice. They can only be killed if spiritual learning. Man likes to kill man. It is sad but sometimes true. They will learn. They always learn, when they return home that is, not always on your world.

If we took action to stop a really evil minded person from their continuing bad actions to another, would we be punished?

I say to you in all honesty that you must leave things alone and not try and do anything towards this person. You cannot fight wrong doings by wrong doings; it is just not the case. The person who is doing bad actions is only answerable to himself and the Holy Spirit so you must not interfere. He is on a path too and if he chooses to do wrong to others, then he must answer. It is as simple as that. Your concern for the people he is affecting is good, but there is nothing you can do about it anyway, even if you wanted to do so. There is no question that the persecuted deserve these actions and if it gives another person pleasure to hurt others at the time being, then I can assure you they have no idea what their actions are doing to their advancement. Leave well alone. It is hard but you must do so. Give support to his persecuted victims but do not fight anger and power with aggression, it just does not work like that. Have these people walk away if that is what is needed. You have been a victim and vet you are not being angry. so do not fight now. Remain calm and logical and you are by far the superior in the battle.

Why is it that the persecutors of this world seem to be more at peace with themselves whilst they are doing their deeds, than the victims who are upset and ill and at no time in full control? Why does spirit allow them to be so? You are looking at things purely in a bodily way. Let us look at spirituality. One spirit is attacking the spirituality of another. The man in a body, who is using his cunning and deceit to attack another person, is planning and preening himself for the attack, which is premeditated. He knows what he is doing. He calculates his attack with supreme precision and for this reason he is in control of his actions. The victim, however, is thrown off balance and is confused at what is being done to them and therefore has other effects as they try to cope with it. But the victim in trying to deal with the horror of what is being done to them, pulls on their own spirituality to deal with this thing. They use their hidden resources to attack back at their own bodily destruction, which the other person has thrown at them. So you see the reserves that they use take a time to heal them but they do all the same. They have the power to give them the vision to see and to hear and to learn the whys and wherefores of the whole situation.

My question is about a young man who tried to repent for shooting his parents when he was 16 and was availing execution. He was said to question whether there was anything he could have done on earth to rectify his horrific deeds. In the absence of a suitable answer from anyone, he claimed to have repented.

They are therefore richer for the experience

from anyone, he claimed to have repented.

I would say to you that you cannot commit a crime and repent. You can see that the crime was wrong. But anything that has been done cannot be undone. He had the choice to commit the crime or not to have committed the

crime. He chose at the time, for whatever reason, to do this thing. His spirituality had the choice. He made the wrong one in the eyes of veryone in your world. When he returns to the world of spirit he will see the way was swong, it is not a question of him not knowing at the time why he did this thing. You all have reasons at the time for committing crimes and hutting people with your world or committing crimes and hutting people with you world or for a wrong decision. He had killed. So he must live with he fact that he had done this thing and make amends only to his own spirituality by being put through an experience again on your earth at another time, to learn the answer to

a similar question when hopefully he will not act the same way. If he does, he will have to experience the question again and again until he learns. People behave in strange and different ways and you must be aware of this and try to seek an answer to their odd behaviour at times. Some are spiritual and you can see or sense that. Others have no sensuality at all and cannot see anything wrong with that. Try not to despair, so turn around because of circumstance. Others are more concerned with power and money as I have told you before. So let it be. Do not despair. There have always been a large proportion of people on your earth who are not spiritual and have no spiritual awareness for others or compassion. People feel the compassion of spiritual people and are growing to become more aware of what is happening with the difference of the feeling they get when they are near someone who is spiritual and the feeling they get when they are near someone who is not. You don't have to be spiritual yourself to feel the rays of a spiritual person, it just happens. So you see when I tell you to people watch and learn this is a very important lesson and you must listen to Ishamevan.

What should we do when faced with aggression?

Do you fight aggression with aggression or do you turn the other cheek? I know that the question was not in your personal life but more thinking about countries with dictatorships or rebels or wars by powerful people in charge. Well I will say to you that the law of spirit is that aggression must not be fought with aggression but what is acceptable in those circumstances is that aggression is fought with the understanding only of defence of lives of poverty or starvation. If people are persecuted and are not allowed food or the means to survive, then and only then must they fight the persecutors for their lives. But they must not be aggressive or love to fight or kill. That is not acceptable. So you see there cannot possibly be any rules because the situations change from day to day and country to country. Many times children and people are killed by persecutors and this has to be. It must teach the persecutors their failure to love and therefore upset the spiritual leaders on our plane. The persecuted die in persecution which is a method of advancement because they have learnt the lessons of humiliation and acceptance with peace and understanding. You must observe how persecuted and starving people have an acceptance and spiritual radiance that would appear strange to most people. It is spirit with them helping them through. The persecutors never have this protection. I know that you ask how can spirit protect

them when they have everything taken away from them and they will starve or die. Why does spirit let this happen to persecuted people? Spirit does not let it happen. Spirit cannot stop the actions of people to people; it can only help with spiritual assistance that is all. When any of you are in times of trouble or need help, spirit will be with you and give you strength and wisdom to overcome your problems. If you act on our wisdom, or voices, or feelings or instinct as you call it, you can be far the richer and overcome most adverse situations. When you find yourself in trouble or have problems, talk to spirit as I have told you before and you will receive help. Persecuted people in war torn countries who talk to spirit and ask for help, get it as do those who are too distressed or lack the knowledge to do so. Spirit sees problems and is there to give strength even before the occasion arises. I have told you many times that which appears to be bad is not necessarily bad. And that which appears to be good is in fact the worst thing possible. People are not what they seem. The wonderful people are with bad motives and the poor quiet people are the rich in spirit and knowledge of wisdom. So you see you must analyze people to a much better degree than any of you have been doing in the past. You must hold your tongue and not speak when it would appear that speech is important and you must speak out when others fear the reproach of any words uttered.

What is your opinion on the fact that many people say that the persecutors of our world eventually have their just rewards? Do they here or do they have to wait until they return home? For all had deeds there is a day of reckoning to themselves more than assex-white to any Ood on higher being. They will merely be shown the failing of their behaviour and the consequences, which that causes. Some people have things happen to them in your world which could be looked upon as just rewards, and some get nothing as all and bothen in good life. It is of no consequence to you what happens. The only concern you have is how the persecuted deals with everything. They must rise again stronger and wiser for that must be their main purpose at this time. For the through the control of the property of the propert

### I find it difficult to cope with some people?

To be equal in all things with all people is the ultimate I would say to you that this is not the thing that is to be avoided. It is not. For you to say to me that honesty is the best policy is right every time. But be more at peace and less in camest at all times. For me to say to you that you must be at peace is so easy! I know. For me to say to you that three is always to be peace in any situation is hard for you to understand. But you must create peace and you to understand. But you must create peace and retained in the peace of the peace of

## Is there always a reason for things people do?

Perpetual motion and a continuance of things is a necessity is it not? For there must be a rhythm and a reason. For if I

say to you that every action of every person has a reason to them then I will be correct. For if you put all of these people together you will see that there is a big energy of positive actions, be they right or wrong in your eyes. What must happen is for the people to see and think and then perhaps the actions, which are at present futile, will be either not happening or be turned around to be done in a different way. For I say to you that all of you must not think but must feel the power of spirituality. There must be a harmony of thought action and deed. If there is no harmony then there is no togetherness in the word and deed of spirit. It is hard, but it is achievable. For all things that are wrong there could be a turning point, which will turn them from wrong to right in your eyes. I do not mean to say right or wrong, it is merely for you to see in your terms only. I have a notion that if there is learning, then there is understanding and then there is a positive meaning of spirituality in every action. That is all.

# Chapter Nineteen

### Ishamevan's words to Aleisha

I will try to guide you through the boulders and rocks of your problems, which others try and cast in your path. I see them and you do not. Let me lift your feet into the air so that you float above them and do not feel their harshness and jagged points, which hurt you, I am your eves and your feelings too. I am your guide, I am your awareness if you let me show you the way. I am not only your love and your friend: I am your guardian also. Please think of us as we two, not as you as a one, to deal with everything on your own. I am the spirit and you are the body. We are one. You are the child and I am the father. I know what is right and wrong; not in a definite sense but in that only of a guardian. You take the steps that I see are safe. You are not to run when I tell you to walk for if you do so you will fall. I will try and not let you fall. But you still have free will. If you decide to go along without me then so be it. I have no choice but to letvou run. I cannot stop you. But we must have the love that is inseparable. We must walk together arm in arm in this work. You must trust me through love, not through reason or because your brain says it is the easy way. I am not the easy way. I am pure love and that I will pass to you for no other reason than because that is as it must be. You are you but I am both of us. You will reunite with me later here on this plane and now if you choose to do so. There is no other way. I will not go away. I will be here whatever you feel, either now or in the future. If you isnore me and then later

way. I will not go away. I will be here whatever you feel, either now or in the future. If you ignore me and then later change and welcome me with open arms. I will be the same. There is nothing that can kill my love. I will wait.

That is all.

#### End Note

Aleisha is currently working on completion of a second book, "More Words from Spirit" which will include questions and answers on the following subjects

#### Spirit Entities

Illness & Disabilities

# Colours & Auras

Life on Earth
 Other Worlds

Mediums & Psychics

Mediums & Psy
 Phenomenon

Prophets

Dreams

Religions

Suicide

The Human Body
 Vegetarianism

You are welcome to post your own questions to Ishamevan at www.wordsfromspirit.com.

Istanancean at www.worustromspirit.com.
Questions can refer to any aspect of spirituality but please remember that Ishamevan is a teaching guide and as such is not permitted to tell us about our future or give predictions.